

The Morning Calm Weekly

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May 20, 2005

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Warrior Country

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BRAC to close 15 major installations

By Eric W. Cramer

Army News Service

WASHINGTON – The Army will close 15 major installations over the next six years and close or realign hundreds of small installations, including Army Reserve and National Guard facilities, if DoD Base Realignment and Closure recommendations released today receive final approval.

Major Army installations slated for closure are: Fort Monroe, Va.; Fort McPherson, Ga.; Fort Gillem, Ga.; Fort Monmouth, N.J.; Newport Chemical Depot, Ind.; Kansas Army Ammunition Plant, Kan.; Selfridge Army Activity, Mich.; Mississippi Army Ammunition Plant; Hawthorne Army Depot, Nev.; Umatilla Chemical Depot, Ore.; Lone Star Army Ammunition Plant, Texas; Red River Army Depot, Texas; Deseret

See **BRAC**, Page 13

Aviation unit says goodbye to Korea

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN – As part of a planned U.S. Army aviation transformation in the Republic of Korea, the 1st Battalion, 52nd Aviation Regiment, encased its colors May 13 as it plans to move to Fort Wainwright.

“This reconfiguration of aviation units into units of action will significantly enhance the Army’s ability to provide maintenance and logistical support for theatre missile defense,” said Col. David Abramowitz, 17th Aviation Brigade commander.

While some Eighth U.S. Army aviation units will relocate to the United States, other aviation assets will become part of a new Multifunction Aviation Brigade, headquartered at Camp Humphreys. The Multifunction Aviation Brigade, built largely around the 6th Cavalry Brigade, will later be designated as the 2nd Aviation Brigade, according to a 8th



Sgt. Park Jin-woo

Lt. Col. Fred Manzo, commander, 1-52nd Aviation Battalion, holds the flag as Command Sgt. Maj. Timothy Johnston (right) pulls over the casing during the casing of the colors ceremony held May 13 at K-16.

U.S. Army press release.

“We are enhancing our capabilities to conduct theater missile defense, command, control, communications, computers, intelligence, surveillance and reconnaissance, as well as our

capability to conduct strategic logistics with improved RSOI capabilities and pre-positioned equipment stocks,” said Abramowitz.

See **Aviation**, Page 4

CNFK sailors conduct ‘Mount Out’ drill

*Exercise is ‘Building Block’
for Combat Mission Readiness*

By J02 David McKee

Commander, U.S. Naval Forces Korea

YONGSAN – Forty sailors from Commander, U.S. Naval Forces Korea, donned flak jackets, Kevlar helmets, load bearing vests and clipped gas masks to their belts May 5 for a “mount out” drill to practice rapid relocation during contingency.

Due to the close proximity of potentially hostile forces to CNFK sailors in Seoul and the need to be ready to operate effectively in combat operations with other U.S. Forces, CNFK sailors must train continuously as a command and in various annual joint and combined exercises.

“The ‘mount out’ is a building block for contingency readiness,” said CNFK Rear Adm. Fred Byus. “This is the start of the whole exercise routine that goes from mount out, to NEO (non-combatant evacuation operations) through Rapid Thunder to (Ulchi Focus Lens). We are preparing the whole road-to-war series



J02 David McKee

Sailors don protective masks during an April 29 training exercise that included a tactical road march, a demonstration on donning Military Oriented Protective Posture gear and the use of anti-chemical, bacterial, radiological weapons measures.

by exercising to prepare ourselves.”

Sailors conduct the exercise twice a year to review procedures and inspect gear, as well as make a one-

mile tactical road march.

“We have to exercise with the equipment we have to wear so that we’re comfortable and familiar with it and are able to do the jobs we have to do in various and distant locations,” said Byus.

Furthermore, the regional command corpsman explained the proper application of anti-toxins designed to retard or stop the damage of chemical, biological and radiological agents and a team of sailors demonstrated the proper “donning” and “doffing” of Military Oriented Protected Posture clothing.

CBR weapons or weapons of mass casualty are dispersed by an enemy to degrade mission readiness by killing or incapacitating personnel.

In addition to briefs and demonstrations, the Command Training Officer HTC(SW) Thomas Steward knew hands-on training was also necessary.

“Gas, gas, gas, gas!” he yelled, simulating a CBR attack warning.

On cue, sailors rushed to get protective masks from

See **CNFK**, Page 4

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military police were notified of an aggravated assault. A Soldier reported to a local medical facility for injuries he sustained from being stabbed multiple times. He was later transported to a local hospital for further treatment and evaluation. Preliminary investigation revealed that unknown person(s) stabbed the Soldier several times with an unknown sharp object in the back, chest and cheek area. Investigation continues by MPI.

■ Military police were notified of an assault. Preliminary investigation revealed that a Soldier and his wife were involved in a verbal altercation, which turned physical when the Soldier pushed his wife causing her to fall against a propane tank. She was transported to a local medical facility and treated and released for injuries to her wrist and side. The Soldier was administered a command-directed blood alcohol test with results pending. He was then transported to the MP station where he was released to his unit. The Soldier was advised of his legal rights, which he waived, rendering a sworn statement attesting to the incident. Investigation continues by MPI.

■ Military police were notified of an assault consummated by battery and wrongful damage to private property. Preliminary investigation revealed that two Soldiers were involved in a verbal altercation that turned physical when the first Soldier struck the second Soldier in the face with an open hand. The second Soldier then pushed her to the ground and held her down by her face. He then threw her phone against the wall breaking it. The first Soldier was advised of her legal rights, which she waived, rendering a written sworn statement attesting to the incident. The second Soldier was also advised of his legal rights which he initially waived, then invoked requesting to speak to a lawyer. Both Soldiers were released to their units. No injuries were reported. Investigation continues by MPI.

By Jim Wiehe

Army News Service

FORT BENNING, Ga. — We hear “It happened to me” stories all the time.

Reflecting on the past and the things we did (if we’ve been fortunate enough to survive and grow old) is an amazing tool. Too bad younger Soldiers can’t grasp this concept yet.

Sometime during my late 20s I read that each of us will experience a major automobile crash during our lives. This was mine.

It was April 1972 and I was fresh out of the Army and enjoying civilian life again. Some old friends enticed me to go bar-hopping with them, and we joined some of their old school buddies.

It was like the words from Bob Seger’s “Against the Wind” ... ‘I was living to run and running to live, never worried about paying or even how much I owed, moving eight miles a minute for months at a time, breaking all of the rules that would bend...’

We got tanked-up and decided to do more than just bend the rules that night. All nine of us—too drunk to see or think straight—crammed into a car. And it wasn’t just a “car,” it was a 1969 Ford Galaxy. It was made of steel and weighed a ton, was faster than a speeding bullet, and could leap tall buildings in a single bound. Or at least we thought so.

... “Wish I didn’t know now what I didn’t know then” ... We took off and headed back to the watering hole doing about 80 mph on a two-lane city street. The driver wasn’t slowing down for anything. The front and back seats were full with two of us sitting on someone else’s lap. Not one of us was wearing a seatbelt.

... “Against the wind, we were runnin’ against the wind, we were young and strong and we were runnin’, against the wind...”

We were getting deeper and deeper into trouble as the Galaxy swerved from side to side and bounced off parked cars on both sides of the street. Ahead was a traffic light at a five-corner intersection. Suddenly, timing the green light became critical. We made the turn, hit another parked car and then headed for the tallest, fattest wooden utility pole I had ever seen. I didn’t have much time to think about what was about to happen.

... “I began to find myself searching, searching for shelter again and again”

... I was sitting directly behind the driver on another passenger’s lap. As I grabbed the driver’s seatback, I had enough time to look for my fourth-point-of-contact; I figured I’d plant a kiss on it just before we hit the pole.

When I came to, I found I’d been thrown over a 4-foot-high chain-link

fence. The pole had torn all the way through the Galaxy, splitting it in half right behind the driver’s seat where I’d been sitting just seconds earlier. If you can believe it, no one was killed. Both of the driver’s legs were crushed and a couple of us had broken shoulders, but somehow I came through unscathed! We must all have had our guardian angels with us that night because the pole was in front of the hospital. The emergency room staff knew something had happened because they heard (and felt) the impact.

I was 20 years old when this happened—and I almost didn’t get any older. Nearly 33 years have passed since that night. I’ve seen a lot more of life and understand what I almost lost.

... “But those drifter’s days are past me now, I’ve got so much more to think about, deadlines and commitments, what to leave in and what to leave out”...

Because I was young and drunk, I almost left it “all” out. Fortunately, I lived and learned a crucial lesson. There are many things you can safely mix with alcohol, but asphalt isn’t one of them. The bottle and the throttle don’t go together in my life anymore. I’m older and wiser now and I’ve stopped “running against the wind.”

(Editor’s Note: Jim Wiehe is a tactical safety specialist with the Ranger Training Brigade at Fort Benning, Ga.)

Morning Calm Weekly Soundoff:

What would improve quality of life in Korea?



“More entertainment for Soldiers to keep them out of a regular routine.” — Staff Sgt. Jose Flores, 106th Medical Detachment



“More opportunities for family members.” — Wayne Harrell, Dragon Hill Lodge



“Yongsan/Korea seems to be an ‘Army’ environment, so I look for ‘equality of programs.’” — Air Force Maj. Mark Devoe, Special Ops Command



“I wish there was a wireless access on post like at Osan (Air Base).” — Darryl Bradford, J-2 Intelligence Support Division

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Support and Defend

NEWS & NOTES

ROK-U.S. Women's Warrior Conference

Eighth U.S. Army and the Republic of Korea Army Headquarters are co-sponsoring a ROK-U.S. Women's Warrior Conference from 10 a.m. to 3 p.m. Friday, at Hartell House on Yongsan South Post. The cost for lunch is \$11.95. For information, call Maj. Iris Cowher at 723-4886.

Combined Joint Staff Seeks Command Narrator

The Secretary Combined Joint Staff is seeking a command narrator. The narrator performs duties for all UNC/CFC/USFK Honor Guard and Award Ceremonies. The narrator must possess the ability to speak English clearly. Bearing, professional image and ability to quickly adapt to changing situations is a must. The ability to communicate with foreign dignitaries, general officers and distinguished visitors is essential. The narrator position is open to O-1 through O-3 and E5 through E7. Interested personnel may contact Maj. Floyd, at 723-5227 or Sgt. Maj. Shirley Garrett, at 723-3615 to set up an interview.

176th Finance Closed

The 176th Finance Battalion in Areas II, III and IV will have limited services at all locations during KATUSA and U.S. Soldier Friendship Week May 23-26.

Changes in Ration Control Registration

The USFK will require that all family members, including children under 10 years of age, be registered in the Defense Biometric Identification System. Registering all family members will allow USFK to make a better estimate of the Department of Defense affiliated noncombatant population for NEO. This registration initiative will also provide the USFK ration control system with accurate family size information to more accurately determine if commissary spending limits are being exceeded. To register in DBIDS, report to any DBIDS registration desk. For children without an ID card, the sponsor or parent must present the parent or sponsor's DoD ID card and an original/certified copy of the child's birth/adoption certificate. The child's passports are a suitable substitute for birth certificates if it's not available.

Ordnance Corps Association Ball

The first Ordnance Corps Association Ball will be at the Officer's Club, Osan Air Base, Thursday. Dress for the event is Dress blues for military personnel and formal attire for civilians. Cost is \$25 per person. To purchase tickets, call 768-8038.

1-43 ADA shines during EXEVAL

By 2nd Lt. Neia Powell

1-43 ADA Bn. Public Affairs

As the sun slowly sank into the horizon the evening of April 24, the 1-43 Air Defense Artillery Battalion rolled out on a mission. That mission was one the unit's personnel had been preparing for endlessly — the battalion's one and only external evaluation this unit will run for the next few years. The Soldiers were pumped, ready to roll and "packing heat."

With five batteries spread across the peninsula, and evaluators from the 2-1 and 1-7 ADA battalions looking over their shoulder, 1-43's Headquarters and Headquarters Battery hunkered down for the long haul. Evaluations began the moment Soldiers awoke April 24, and never stopped until the battalion rolled home, exhausted but triumphant.

During the four-day training exercise, 1-43 ADA was evaluated on everything from convoy movement and weapons-issuing proficiency, to site layout and positioning, crew drills, and communications readiness. No matter what their job, whether a medic or a mail clerk, every Soldier was evaluated. Though the battalion was not awarded a specific letter or number grade, the evaluation gave an overall assessment of its ability to go to war.

Despite the evaluators roaming around the battery sites, the 1-43 Soldiers were focused on the job at hand. "This is my third time out in the field," said Cpl. Myungsuk Jung, a Korean Augmentation to the U.S. Army Soldier assigned to HHB. "Training is tiring. We pull six hours of guard duty. But you learn a lot."



2ND LT. NEIA POWELL

Pvt. Jesus Chappa, Battery A, 1-43 Air Defense Artillery Battalion, guards the perimeter in chemical protective gear during the battalion's spring EXEVAL.

But the EXEVAL wasn't all work. The Soldiers of the 3rd Maintenance Company met enemy resistance on their second night. "Yeah, we ran into some OPFOR, and they ran into our (Squad Automatic Weapon)," joked three of the maintenance Soldiers manning the perimeter. At Alpha's Entry Control Point the Soldiers were at Mission Oriented Protective Posture 4, hot and tired, but still had time to joke. "We're packing a lot of heat back here, they joked among themselves."

The training environment and scenarios offered the unit's medics their share of training as well, with mock casualties from midnight ambushes and a few real-world scrapes and bruises.

Throughout the four days, the Soldiers had the chance to earn recognition for a job well done. "The purpose of this evaluation is

to see where you stand, and you did an awesome job," 35th Air Defense Artillery Brigade Commander, Col. Kenneth Cox said during the final briefing. Safety and improvement were the key concepts behind the evaluation, with motivation playing a large part of the mission success.

The EXEVAL was not easy training. With more than six nighttime tactical movements, 11 ground attacks by OPFOR, protestors, first aid events, 18 Tactical Ballistic Missile volleys, and nine air battles, the battalion had its hands full.

As with all training, improvements were needed, but most of that improvement came during the exercise.

"Alpha battery's nighttime missile reload was textbook," evaluators

See EXEVAL, Page 4

New re-enlistment policies expand Soldiers' options

By Eric Cramer

Army News Service

WASHINGTON — Soldiers have a new set of re-enlistment opportunities thanks to policy changes announced by the Army this month.

The changes impact when Soldiers are allowed to re-enlist and what re-enlistment options are available to them when they decide to stay in the military, said Sgt. Maj. Scott Kuhar, senior Army career counselor.

"There are five options for re-enlistment," Kuhar said. "Regular Army re-enlistment, which means the Soldier can be assigned anywhere, based on the needs of the Army; current station stabilization, where the Soldier will be stabilized at his current location for at least 12 months; Army training, the Soldier re-enlists to get training, whether that's airborne school or a new military occupational specialty; Overseas, the Soldier reenlists for an overseas assignment; and Continental United States station of choice."

Kuhar said Soldiers' eligibility for these enlistment options depend on when they choose to re-enlist.

Under the new policy, Soldiers can choose to re-enlist up to 24 months before their enlistments would end. Soldiers re-enlisting more than 18 months before their Expiration, Term of Service, will be assigned only to the first option —

the needs of the Army. They also must re-enlist for a period that exceeds their ETS date by at least 12 months.

Soldiers who choose to re-enlist three to 18 months before their ETS date are eligible for all re-enlistment options. Those who re-enlist within three months of their ETS date are assigned based on the needs of the Army, Kuhar said.

He said the policy also means Soldiers can receive any incentive, such as re-enlistment bonuses, at the time they re-enlist.

"If there's an incentive available, they are eligible for it at that time," Kuhar said.

Soldiers who re-enlist more than a year before their ETS date must re-enlist for four years. Kuhar said Soldiers who want stabilization at a given duty station must re-enlist at least six months before they ETS, return from overseas or their unit reaches its "end of lifecycle date" when it will either deploy or redeploy.

Kuhar said one large change is that the Army now allows staff sergeants to remain on active duty for 22 years. Previously the "retention control point" for E-6 Soldiers required them to retire at 20 years.

"We had a pool of people there who were doing a good job, and the question was 'Why not let them stay?'" Kuhar said.

He said that currently there have been no changes to the retention control point for other enlisted ranks.

Armed and Curious



FILE PHOTO

Visitors to the 2003 Area IV Support Activity Armed Forces Day Celebration check out the wide array of weapons and other equipment on display. This year's edition of the event, held in conjunction with the 168th Medical Battalion's Cancer Awareness Running Event, will be 9:30 a.m. to 3 p.m. Saturday at the Walker Army Heliport (H-805) and will feature numerous static displays of U.S. and Republic of Korea Army aircraft, tactical vehicles and equipment, a variety of entertainments, children's games, and food. In addition, a concert featuring rising country artists Mark Wills and Jolie Edwards will follow from 4 – 6 p.m.

Aviation from Page 1

Charlie, Delta and Headquarters companies of 1-52nd Avn. Regt. are the units moving to Fort Wainwright, Alaska.

“We’re very excited about moving to Alaska,” said Lt. Col. Fred Manzo, 1-52 Avn. Regt. commander. “It’s exciting, and at the same time it’s

bittersweet because we’ve served the last 30-plus years on this peninsula and we have a lot of good memories to carry forward with us. I know that we will all continue to do our best wherever we end up, and the ROK will continue to thrive in our absence.”

CNFK from Page 1

their belt onto their heads as the chief counted down from nine to one and then told everyone to stop.

Those who had their masks on “are alive” he said. The others he added grimly, “are dead.”

He repeated the drill many times during the morning-long evolution. Each time he reminded everyone their lives depended on getting their masks on without hesitation.

The drill also has the important purpose of preparing sailors new to CNFK.

Following the seminars and the

road march, Byus asked his sailors how many people experienced this training for the first time and one out of three hands went up.

“Many of these people have never done a mount out before. We turn around about 30 percent of our people every six months or 60 percent of our people a year. They have to have the opportunity to get that building block and be able to say ‘OK, I am able to do my job in locations that are different than I am doing them today, and I can do it in the right gear’,” Byus said.

EXEVAL from Page 3

told the battalion staff during the After Action Report. The crew drills on all systems, response to enemy ground attacks, convoy operations and Soldier motivation were all deemed “top notch.” Operational Decontamination and mass casualty procedures were also executed with perfection.

The highlight of the event came at the end, when several Soldiers

received an Army Commendation Medal from Cox during the AAR April 29. “We need to recognize deserving Soldiers,” Cox told the 1-43 ADA Battalion.

“This evaluation is a great example of what we’re made of,” added Lt. Col. Terence Dorn, 1-43 Bn. commander. And that is exactly what 1-43 ADA Bn. proved, that their Soldiers are “war ready.”

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AD
GOES
HERE

CRC guards inspect trunk contents



By David McNally

Area I Public Affairs

CAMP RED CLOUD — Vehicles exiting Uijeongbu Enclave bases may have the contents of their trunks inspected. Garrison officials announced a new proactive policy May 4.

“Camp Casey has already implemented this procedure,” said Lt. Col. William Huber, U.S. Army Garrison, Camp Red Cloud commander. “Due to excess purchases, we’re trying the same thing here.”

In random checks April 29, Camp Casey gate guards found three Korean Service Corps employees with gasoline and commissary items in their trunk.

“These employees were not authorized access to the commissary or the commercial fuel point,” said Victor Lowe, U.S. Army Garrison, Camp Casey director of plans, training, mobilization and security.

Lowe said in many cases Korean employees claim U.S. Soldiers have made the illegal purchases for them.

“Soldiers need to be aware that they are putting themselves in jeopardy if they make purchases of duty-free items for Korean employees,” Lowe said.

Lowe explained the random Camp Casey checks have served as a deterrent against unauthorized purchases.

“But more importantly, it is a force protection issue,” Lowe said. “By entering a U.S. military installation, you consent to have your vehicle searched. “We also check delivery vehicles to make sure what they are delivering is authorized.”

Lowe said the checks protect against government property theft.

“We want to make sure our resources go where they’re supposed to go,” Lowe said.

A recent surge of excessive purchases on CRC and Camp Stanley makes this measure necessary in the Uijeongbu Enclave, Huber said.

E-mail david.mcnally@us.army.mil

Heavy metal bands invade Warrior Country

Area I Public Affairs

CAMP CASEY — Thousands of Warrior Country Soldiers rocked to the music of Skid Row and Quiet Riot during two weekend concerts.

In twin concerts at camps Casey and Stanley, Saturday and Sunday, the heavy brand of rock seemed to strike a chord with warriors.

“The concert was awesome,” said Pfc. Christopher Graham, Company G, 302nd Forward Support Battalion. “It just goes to show that rock and roll never gets old.”

Graham said his favorite of the two bands was Skid Row.

“They remind me of other bands I listen to,” he said.

Skid Row was one of the last heavy metal bands to hit the mainstream before the grunge craze of the early 1990s.

“The concert was all right,” said Pvt. Timothy Beam, also with Co. G, 302nd FSB. “It wasn’t my type of music, but it was nice to see some live entertainment.”

Beam said Quiet Riot was his favorite of the acts.

Quiet Riot became a rock and roll phenomenon when they were the first heavy metal band to top pop charts in 1983.

“I want to make sure we have an opportunity for our Soldiers to have clean, healthy fun in their off-duty time,” said Lt. Col. William Huber, U.S. Army Garrison, Camp Red Cloud commander. “I think we bring in a little bit of America.”

Kevin DuBrow started Quiet Riot in 1975 with guitarist Randy Rhoads, bassist Kelli Garni and drummer Drew Forsyth.

“In 2005, Soldiers know the words to their top four hits,” Huber said. “Classic rock and roll groups are all coming back together again.”

“We’re looking to do something similar to this later this year,” Huber said. “There’s great opportunity for entertainment.”



PHOTOS BY SPC. DUSTY KUJMAN

Skid Row, a heavy metal band, takes Warrior Country by storm Saturday at Camp Casey and Sunday at Camp Stanley.



Quiet Riot lead singer Kevin DuBrow entertains more than 1,000 Camp Casey warriors Saturday.

NEWS & NOTES

Country Music Concerts

Country music acts Mark Wills and Jolie Edwards will perform 7 p.m. Friday at Camp Casey's Gateway to Primo's and 7 p.m. Wednesday at the Camp Stanley Commissary parking lot.

Korean Baseball League

The Camp Stanley Community Activity Center is hosting a trip to Seoul Saturday to see the Korean Baseball League's Doosan team play the LG team at Jamsil Field. The transportation fee is \$10, with a 10,000 won park entrance fee. The bus will leave the CAC at 4 p.m.

Track and Field

The Warrior Division Sports will host the 2005 Track and Field Championship Saturday at Camp Casey's Schoonover Bowl. Events will include foot races, high- and long-jump competitions and team relays. Registration begins at 8 a.m. and competition will start at 9:30 a.m.

Computer Training

The Area I CPAC will give an Advanced Microsoft Excel workshop June 21-24 and an Advanced Microsoft Word workshop June 28-July 1. Each course will cost \$262.50. Employees interested in attending must include a fund citation when submitting the DD 1556. For information, call 732-9060.

Ordnance Corps Ball

The Ordnance Corps Association will hold its first ball Thursday at the Osan Officer's Club. Cost is \$25 per person. Dress is formal attire for civilians and dress blues for military.

Concert on the Green

The 2nd Infantry Division Band will play their first of this year's Concerts on the Green 6:15 p.m. Thursday on Camp Red Cloud's Village Green.

Holiday Seminars

The education centers at camps Red Cloud and Stanley are offering Good Cheer and Eager Student seminars over the Memorial Day holiday weekend, May 27-31. For schedules and information, contact your education center.

Camp Casey Job Fair

Army Community Service and the Army Career Alumni Program are sponsoring a job fair 10 a.m. - 3 p.m. Wednesday at Camp Casey's Primo's Club. Advanced Technology Systems, Exchange New Car Sales, General Dynamics, Lucas Group, Vinnell Corporation, Wackenhut and the Calumet Group will be represented.

Phantom of the Opera

Camp Red Cloud will sponsor a trip to the Outback Steak House and to see the musical "Phantom of the Opera" July 2 at the Seoul Arts Center. The Community Activity Center is selling tickets for \$73, which includes transportation. For information, call 732-6246.

Americans strut stuff in Korean contest

Area I, Division contestants face off in speech competition

By David McNally

Area I Public Affairs

CAMP RED CLOUD — When it comes to speaking Korean, many Americans find their eyes glaze over. However, 10 U.S. Soldiers met the challenge May 10 at the 2nd Infantry Division Korean Language Speech Contest.

"The purpose of this contest is to enhance mutual understanding between Korean and U.S. Soldiers," said Senior Republic of Korea Army Officer Lt. Col. Kim Sung-joong, 2nd Infantry Division. "It also strengthens the friendship between U.S. Soldiers and Korean Augmentees to the U.S. Army."

One by one, 10 contestants showed off their skills by delivering a 5 to 7 minute speech they had written -- in Korean.

Sgt. Sean O'Brien, 2nd Infantry Division Band, won the contest and won over the audience with laughter.

"First I wrote out a script in English what I wanted to say," O'Brien said.



Sgt. Sean O'Brien, 2nd Infantry Division Band, made the audience laugh with his impression of a Korean taxi driver.

"My KATUSA Soldiers helped with the translation."

O'Brien gave the audience glimpses of Korean life through his eyes. He did impressions of men and women and how they spoke. The most laughs came when he acted like a Korean taxi driver speaking on a cellphone.

"It took me about two weeks to prepare," O'Brien said. "I had an idea of what I wanted to do and how I wanted to do it. I had help with pronunciation, gestures and how to come across. My intent was for everybody to enjoy themselves. I think everyone did very well."

The Camp Red Cloud Theater was packed with Korean Augmentation to the U.S. Army Soldiers, a group of local Korean school children and the American contestants.

The judges — both Korean and U.S. military officers and senior noncommissioned officers — listened to the speeches while reading along

from a written version. They judged the performances on originality, expression, military bearing, content and pronunciation.

To prepare for the competition, KATUSA Soldiers coached the U.S. Soldiers to help with pronunciation and delivery. That, Kim said, is the primary reason for the contest. He said events like these build cultural bridges and bring us closer together.

Spc. Stephanie Pearson, Headquarters and Headquarters Company, Area I and a staff writer for The Morning Calm Weekly, took second place in the competition.

O'Brien and Pearson will continue on to the 8th U.S. Army Korean Speech Contest to be held May 31 at Yongsan Army Garrison.

"I don't think anything is too difficult, if a person is willing to take the time to learn. Whether it be a language or anything else, they can do it," he said.

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PHOTOS BY DAVID MCNALLY

Korean Augmentation to the U.S. Army Soldiers listen intently to Americans speaking Korean.

Health officials raise blood pressure awareness

By David McNally

Area I Public Affairs

CAMP CASEY — A health promotion coordinator spent a couple of hours raising high blood pressure awareness at the Camp Casey food court May 13.

"High blood pressure is a silent problem," said Kenneth Cobb, Area I health promotion coordinator. "When we don't know we have high blood pressure, we may not seek help."

Cobb provided literature, counseling and a check of blood pressure during the lunch hour rush near the entrance to the Camp Casey Main Exchange.

"Younger people, I think, don't check their blood pressure as often," Cobb said. "Causes for high blood pressure are hereditary, diet and lifestyle."

Cobb said about 20 percent of the people he screened May 13 displayed relatively high blood pressure.

"I have advised people to go the clinic today," he said. "This is not something to mess around with."

Cobb explained it is normal for blood pressure to increase during stressful situations, but eating right, exercising regularly and relaxing all contribute to good health.

May is Blood Pressure Awareness Month.



DAVID MCNALLY

Staff Sgt. Lisa Brown, Company B, 702nd Main Support Battalion, gets her blood pressure checked at the Camp Casey food court May 13.

E-mail david.mcnally@us.army.mil

USO celebrates Asian-Pacific heritage



SPC. STEPHANIE PEARSON

Command Sgt. Maj. Tui Nua, Republic of Korea Samoan Association, dances a traditional island dance at the USO Asian-Pacific Heritage celebration May 7.

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP CASEY — Sarong-clad dancers gyrate to island beats while enthusiastic onlookers munch traditional delicacies at the Asian-Pacific Heritage celebration on Camp Casey.

The May 7 annual celebration brings Warrior Country Asian-Pacific Americans together to recognize their contributions to the United States, said Sally Hall, Area I USO director and event organizer.

"It's also a great way to bring the community together," she said.

This year's celebration kicked off with remarks from James Gilman Jr., a Hawaii native. Gilman spoke about the origins of Asian-Pacific Heritage Month and the history and contributions of Asian-Pacific Americans.

Guests sampled traditional Asian and Pacific-Island cuisine, including roast pig, tempura, and rice and noodle dishes, while local band "Marantha" played onstage.

Dancers from the Republic of Korea Samoan Association soon took the floor and wowed the audience with dances set to traditional music.

"The highlight of the event is always the performance of the Pacific Islanders," Hall said.

Members of the group said they were glad for the opportunity to perform.

"Asian-Pacific Heritage Month is the only time of the year we can showcase our culture and tradition," said Command Sgt. Maj. Tui Nua, president of the Republic of Korea Samoan Association. "We want to shout it out to the world, no matter where we are."

"All of our dances derive from our daily living — farming, fishing, working," explained Maj. Lanpola Tauapai, a dancer. "Watching the dances gives people an insight into our culture."

Hall said this was the best Asian-Pacific heritage event the USO has hosted in five years.

"I'm really impressed with the bigger participation," she said. "Everyone came together to make this happen."

E-mail stephanie.a.pearson@us.army.mil



SPC. ROBERT HAYNES

A Dongducheon woman plays a traditional beat on a Korean drum.



SPC. STEPHANIE PEARSON

James Gilman Jr., a Hawaii native, speaks at the Asian-Pacific Heritage event.

CRC public works employees enjoy organization day

By Spc. Stephanie Pearson

Area I Public Affairs

UIJEONGBU — Directorate of Public Works employees from U.S. Army Garrison, Camp Red Cloud, enjoyed sun, sports and food at an organization day event May 13.

More than 200 employees gathered at the Uijeongbu YMCA compound for the day, said Edward Harris, DPW director.

"It's a day to celebrate with our people and show appreciation for their hard work and dedication," he explained.

William Kapaku, deputy to the USAG, CRC garrison commander, said they deserved to be recognized.

"I'm very proud of this organization, very proud of everyone on this team," Kapaku said.

They go about their jobs quietly, and without a lot of fanfare or seeking recognition, he explained.

"For all the services they provide for the garrison, this is a day to give them the recognition they deserve," Kapaku said.

The U.S. Army Garrison, Camp Red Cloud Directorate of Public Works employs nearly 300 workers to provide base operating services on a daily basis, from building and road maintenance to electrical and sewage systems, said Gerald Valentine, chief of construction inspection.

These workers serve camps Red Cloud, Stanley, Sears, Falling Water, Essayons, Kyle, LaGuardia and Jackson.

"Every time you turn on the water or flip a light switch, that's us," Valentine said.

Fire and Emergency Services, Utilities Services, Buildings and Grounds, Plans and Services, Supply, Engineering Resource Management, and the Environmental and Administration offices were all



Directorate of Public Works employees face-off in a friendly volleyball game May 13.



PHOTOS BY SPC. STEPHANIE PEARSON

Kim Un-chong (center left) and Kwon Tae-na relax with other Camp Red Cloud Garrison DPW workers during an organization day at the Uijeongbu YMCA compound.

Korean kids visit Camp Stanley Airfield

Area I Public Affairs

CAMP STANLEY — A group of 11 Korean school children visited units May 6 here to learn about military transportation.

The students, from ECY Kids School in Dobong-gu, visited the fire station; 2nd Battalion, 2nd Aviation Regiment airfield; and the 1st Battalion, 38th Field Artillery Regiment motor pool.

“We’ve been studying transportation,” said Moy Liddell, a teacher, “and we thought it would be neat to show the kids how the military gets around.”

Assistant Fire Chief Kim Tae-chong escorted the children through the fire station, showing them the fire and rescue trucks and introducing them to Sparky, the U.S. Army Garrison, Camp

Red Cloud Fire Station mascot.

At the airfield, the children got to climb inside a UH-60 Black Hawk helicopter. Crew members were on hand to explain what the aircraft did and answer questions from the excited students.

“The helicopter was my favorite part,” said 6-year-old Glen Kim, “because I had the chance to get inside it.”

After the airfield, the group moved to the motor pool to see a demonstration of the M270-A1 Multiple-Launch Rocket System before having lunch at the post exchange picnic area.

“It was a great day,” Liddell said. “The children had fun, and it was nice of the Soldiers to take the time to show them around.”



SFC. STEPHANIE PEARSON

Children from ECY Kids’ School explore the inside of a UH-60 Black Hawk helicopter during a field trip to the 2nd Battalion, 2nd Aviation Regiment at Camp Stanley Airfield May 6.

Employees

from Page 7

represented at the event. Employees relaxed, barbecued and competed in friendly choku and volleyball tournaments.

“It’s not just about sports,” said Assistant Fire Chief Pak Sung-hak. “It’s about building good relationships. Organization day gives us a more relaxed environment where we can mingle and make new friends. It’s hard

for the people in the different divisions to meet each other.”

Harris agreed. He said an organization day is a valuable stress reliever.

“It’s a chance for our employees to get together and renew friendships,” he said. “It’s an opportunity to meet with acquaintances outside of work and get to know each other better.”

E-mail stephanie.a.pearson@us.army.mil



SFC. STEPHANIE PEARSON

Shin Hyun-sik, Environmental Resource Management division, cooks food on a grill at a Camp Red Cloud Garrison Directorate of Public Works organization day May 13.

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Fire prevention tops quarterly safety meeting

Area II Public Affairs

YONGSAN — Prevention of electrical fires, education on proper smoking practices and good housekeeping topped the list of safety initiatives promoted by Area II Fire Chief Alex Temporado May 9 at the quarterly Area II Safety and Occupational Health Advisory Council Meeting.

Since April 2004, there have been 11 trash or dumpster fires, four unattended cooking fires, five facility fires and six vehicle fires in Area II. Korean firefighters from the Yongsan-gu Fire Department responded alongside Area II firefighters to three off-post facility fires. There have been no fatalities, but serious injuries have resulted from several off-post residence fires during the past year.

Temporado said awareness is key to preventing fires.

"People need to avoid overloading and 'daisy-chaining' extension cords," said Temporado, adding that frayed extension cords should also be avoided.

He said electrical fires caused by misuse of extension cords and overloaded transformers or appliances accounted for some of the fires reported during the last quarter.

Temporado said careless smoking and match-handling habits accounted for other fires.

"Tossing a burning cigarette or match into a dumpster, for instance, can have consequences beyond the obvious smoke and fire," Temporado said. "During one dumpster fire, a plastic soda bottle exploded, seriously burning an innocent bystander."

Temporado said hot or smoldering charcoal from barbecues should never be thrown into a dumpster. Barbecue grills of any type are prohibited inside on-post housing.

He reminded unit safety representatives that gas charcoal grills, in particular, should be assembled and used properly.

"All gas lines should be secure and propane tanks should be firmly fastened to the grill stand per the manufacturer instructions," he said.

Good housekeeping both in the workplace and at home can also help prevent fires. Contents of portable metal storage containers should be maintained in a safe and orderly manner.

"Flammable materials should not be stored in storage containers and electrical wires for lights and plugs should be

See **Prevention**, Page 10

Weight support group promotes healthy lifestyle

By Area II Public Affairs

YONGSAN — Barb Caley and other Area II residents have found a successful weight management program that promotes a healthy lifestyle, helps them lose and control weight and provides friendly support.

The Yongsan Weight Support Group, held on the second and fourth Wednesday of each month at the Yongsan Main Library offers a support network, education and accountability for Area II residents who live in and around Yongsan Garrison.

"Coming to Korea is a significant lifestyle change for many families," said Caley, a certified sports conditioning and fitness coach. "This program offers peer support as one continues to maintain a healthy lifestyle."

As a support network, the Yongsan Weight Support Group participants share personal challenges and success strategies with others in the group.

"I was fortunate to find this group, which gives me the needed support," said Jenn Meyer, one of the group members.

Compared to other diet programs like the Atkins low-carb

diet, weight management support groups similar to the Yongsan Weight Support Group tend to yield long-term weight loss, according to a recent analysis of diets by Consumer Reports Magazine.

"Weight management support groups have many advantages," said Maj. Shelly Clyde, chief of clinical dietetics, 121st General Hospital. "For instance, people who participate in weight management support groups are able to establish exercise partners, thus increasing their commitment and raising their level of activity."

Another advantage of weight management support groups is that members can receive free education — tips and strategies — when trying to maintain a healthy lifestyle.

"Weight management support groups educate those who go through different lifestyles, like coming to Korea. For instance, other members can provide great tips on food preparation and exchanging healthy recipes," said Clyde.

Clyde also emphasized that weight management support groups hold true to their name:

See **Weight**, Page 10



SGT. CHRISTOPHER SELMEK

Jennifer Jones, left, and Teresa Harrington take part of the Yongsan Weight Support Group that meets the second and fourth Wednesday of each month at Yongsan Main Library on Main Post. The program offers a support network, education and accountability for Area II residents who live in and around Yongsan Garrison who want to take a healthy lifestyle approach to controlling and losing weight.

Spring Clean Up



SGT. CHRISTOPHER SELMEK

Above: Pfc. Kim Chan-nyun carefully trims the hedge behind the Area II Support Building, May 11 as part of the Area II Spring Cleanup Program, while Cpl. Kim Yong-wan works alongside.

Right: Pfc. Choi Dong-Keun polishes the sign in front of the Area II Support Building May 11 as part of the Area II Spring Cleanup Program. The U.S. and Korean Augmentation to the U.S. Army Soldiers of Area II Support Activity spent the week cutting grass, trimming hedges and pulling weeds around the installation.



"2005 KATUSA and U.S. Soldiers Friendship Week May 23-26"

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaiitownhall@korea.army.mil.

Yongsan National Prayer Breakfast

The Yongsan National Prayer Breakfast will be at 7 a.m. Friday at Naija Ballroom in Dragon Hill Lodge. For information, call 738-3011.

Second Hand Rose Thrift Shop

The Annual Volunteer Appreciation Dinner will be held 5 p.m., Sunday at Dragon Hill Lodge. For information, call 793-3792 or e-mail at sonya_scholes@hotmail.com.

KATUSA and U.S. Soldier Friendship Week

The KATUSA and U.S. Soldier Friendship Week Festival will be held Monday - Thursday on South Post. The festival includes athletic events between KATUSA and U.S. Soldiers and a night concert. For information, call 738-3429.

American Red Cross Classes

The American Red Cross will host two health and safety courses. First aid, adult, child, infant Cardio Pulmonary Resuscitation and Automatic External Defibrillation will be 5:30 - 8 p.m. Monday - Thursday. ARC orientation will be 9 a.m. - noon Thursday. For information, call 738-3670.

Organizational Day for AAFES facilities

The Army and Air Force Exchange Service will close the Yongsan main store Tuesday for Organization Day. For information, call 738-7403.

Closure of 176th Finance

The 176th Finance Battalion in Areas II, III and IV will have limited services at all locations during KATUSA and U.S. Soldier Friendship Week Monday - Thursday.

ROK-U.S. Women's Warrior Conference

Eighth U.S. Army and the Republic of Korea Army Headquarters are co-sponsoring a ROK-U.S. Women's Warrior Conference from 10 a.m. to 3 p.m. Friday, at Hartell House on Yongsan South Post. The cost for lunch is \$11.95. For information, call Maj. Iris Cowher at 723-4886.

Spouse Career Support Group Forum

A forum for spouses who want to know more about career opportunities is offered every fourth Monday at Army Community Service. For information, call 738-8977.

Job fair comes to Yongsan

By Alex Harrington

Area II Public Affairs

YONGSAN — Servicemembers, civilians and adult family members have an opportunity to network, practice interviewing techniques and research companies at a job fair sponsored by the Army Career and Alumni Program, the Army Community Service's Employment Readiness Program and the Air Force Transition Assistance Program from 10 a.m. to 3 p.m. May 21, at the Embassy Association on South Post.

"Even if you are not transitioning soon, this is a great opportunity to network, practice your interviewing techniques and research companies to fine tune your resume," said Laddie Broz, Transition Services manager for Area II, III and IV Support Activities.

All job seekers should have 15 copies of their resume and should dress in business attire.

"We realize that not all applicants will have suits, but they should wear a shirt and tie unless they are on military duty. Individuals coming off military

duties can wear the uniform of the day," said Broz.

There will also be a Resumix and an interviewing class from 9-10 a.m. and noon-1 p.m. respectively.

Further, attendees can register for the job fair at www.morejobs.net.

"It is important to register to give companies a good idea who is interested," said Broz. For information, call 738-8977 or 738-7334.

E-mail harringtona@korea.army.mil

Where	DSN	When	Time
Area I-Casey	730-4033	May 18	10 - 3 p.m.
Area IV-Taegu	768-7571738-7322	May 19	Noon - 3 p.m.
Area III-Osan AB	784-5440753-8605	May 20	10 - 3 p.m.
Area II-Yongsan	738-8977	May 21	10 - 3 p.m.

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Prevention

inspected regularly," he said. "Contents should be well-organized, not messy or spread all over the place."

Temporado said common sense at home is important in preventing fires, especially the use of smoke detectors. On-post quarters should already have at least one smoke detector, but residents must inspect them and periodically replace batteries. Some off-post quarters may need to have a smoke detector installed.

"Get a smoke detector from the Housing Office or purchase several from the post exchange and install them in your residence," Temporado said. He recommends a fire detector in each bedroom.

Oh Ji-yeon, a relocation specialist at the Yongsan Housing Office, said a free smoke detector will be issued after approval of an initial lease for off-post housing.

Temporado said the Yongsan Fire Department provides fire safety tips and training to unit fire marshals and individuals. For information, call 738-4079.

Other issues discussed at the quarterly Area II Safety and Occupational Health Advisory Council Meeting

■ **Environmental:** Hewlett-Packard printer toner cartridges can be turned in at the Environmental Division on the final Thursday of each month for recycling. Please place HP toner cartridges only in a plastic bag and drop off at Bldg. 1398. Call 724-7214.

■ **Provost Marshal Office:** Citations are being issued for

parking along 8th Army Drive and X Corps during school begin and end times. Parents should not pull into that area to drop off students. Students may be safely dropped off by using the coned-off area in the southbound lane adjacent to the fire station and the elementary school.

■ **Child Safety:** Parents should monitor the Consumer Products Safety Commission website at www.cpsc.gov for recalled furniture, toys and other children's items. There are currently alerts for children's folding chairs and cribs. Parents are also asked to protect children from such hazards as automatic garage doors and elevators, as well as keep them from sliding down hills with known hazards such as walls or drop-offs.

■ **Respiratory Protection:** Protect workers from occupational diseases and illness caused by industrial respiratory hazards. Identify hazards, select and fit proper respirator, evaluate employee's medical needs, train, and maintain records.

■ **Industrial Safety:** Identify on-the-job hazards and use appropriate safety equipment. Keep the workplace and storage areas neat and free from hazards that may cause tripping, fire, explosion or pest proliferation.

■ **Safety Training:** The Area II Safety Office offers safety and risk management training and resources for unit safety representatives and others. Call 738-4643.

E-mail Davisst@korea.army.mil

Weight

from Page 9

offering support to its members.

"Members are able to sound off with other individuals in the group of

challenges they face daily. For example, many who come to Korea and who are overweight experience discrimination

when they go shopping out in the economy. Shopkeepers, and even other patrons, make negative comments about their size and looks," said Clyde. "The weight management support group offers emotional support to those discriminated against, and helps them develop a health body image."

Members of YWSG commented that they like the accountability by others as well.

"The members in this group help one another with their daily struggles and offer strategies to maintain a healthy lifestyle," said Caley.

For information about joining the group, call 010-8671-7461 or Email: outsmartFat@yahoo.com.

E-mail harringtona@korea.army.mil

2005 KATUSA and U.S. Soldier Friendship Week May 23-26

Day	Time	Event	Place
May 23		Unit Event	
May 24	10 a.m. - 11 a.m.	Opening Ceremony	Lombardo Field
	7 p.m. - 9 p.m.	Entertainment Show	Balboni Theater
May 25	10 a.m. - 4 p.m.	Cultural Events	Collier Field House Area
	7 p.m. - 9:30 p.m.	Talent Show	Balboni Theater
May 26	3 p.m. - 3:30 p.m.	Award / Closing Ceremony	Lombardo Field
Sport Events		Place	
Softball, Tug of War, Relay Race		Lombardo Field	
Skiereun		Picnic Area #7	
Flag Football, Soccer		Field #5, #12	
Basketball		Collier Field House	

Thrift Shop needs volunteers

By Alex Harrington

Area II Public Affairs

YONGSAN — The community volunteer group that runs Yongsan's Second-Hand Rose Thrift Shop needs help.

The American Women's Club Thrift Shop Association, which is also involved in other community charities, is seeking volunteers to help run operations, including customer service, processing donations and other activities.

"We need more help. We want more help," said Amanda Hagy, community

services chairwoman of the American Women's Club Welfare Committee.

Second-Hand Rose uses money raised for a variety of welfare services offered to both Americans and Koreans. This year they have raised more than \$150,000 for various charities and military organizations. They will also be giving about \$20,000 in scholarships.

"The money used to donate to charitable organizations is money generated from the thrift shop's sales of both consigned and donated items," Hagy said. "We donate to

many charitable groups like the Ae Shin Orphanage, Home of Love, Shalome House, Pearl S. Buck and the Family Care Center on Yongsan."

Hagy added "We have helped more than 45 organizations on Yongsan and 30 Korean charities."

The group also donates some of the items given to the thrift shop -- including towels, sheets and pet food -- to the base veterinary clinic. Older clothes are donated to the homeless and orphanages.

The shop's primary duty is offering assistance to servicemembers and family members who are new to Yongsan or relocating to another location.

Many of those who benefit from the thrift shop are simply in transition. Service members, families, and civilians who are waiting for their household goods to arrive frequently purchase items that suffice until their shipments arrive.

"We really appreciate those people who donate goods that can be easily sold back to the community," said Sonya Scholes, manager. "It is those people who contribute so much to the thrift store's success."

The shop still is in need of volunteers to help the organization succeed. Anyone interested in giving of their time to the thrift shop is urged to contact the organization for information on when and how they might contribute and to



Jemetta Smith, a science teacher at Seoul American Middle School, looks for a pair of shoes at the Yongsan Second-Hand Rose Thrift Shop next to the Multi-purpose Training Facility on South Post.

make a difference in the community.

The thrift shop is open from 10 a.m. until 3 p.m. Mondays and Saturdays, and from 10 a.m. to 6 p.m. Wednesdays.

For information, call 02-793-3792 or E-mail Sonya_scholes@hotmail.com.

E-mail harringtona@korea.army.mil



CPL. PARK YUNG-KWU

Amanda Hagy, left, a volunteer at the Yongsan Second-Hand Rose Thrift Shop and community services chairwoman of the American Women's Club Welfare Committee, helps a family member with her purchases. The shop is currently in need of volunteers.

Ad goes here



Community Events, Classes and Meetings

High School Spring Musical

Seoul American High School's spring musical, "Bye, Bye Birdie" will be playing 6 p.m. today at the Moyer Community Services Center. There is no charge but donations will be accepted. For information, call Suella Clark at 798-3666.

3rd PCS Garage Sale

The Third Annual PCS garage sale will be 11 a.m. - 3 p.m. Saturday beside Dragon Hill Lodge's "The Point" upper parking garage. For information, call 738-2222.

Good Neighbor Program

Sign up for the United Service Organization's Good Neighbor Program.

The next Good Neighbor event will be held Monday from noon to 4 p.m. Forty Korean children are coming to the USO to meet and get to know U.S. servicemembers. There will be a lunch, along with putt putt golfing or bowling. Call Chris at the USO to sign up for an afternoon of goodwill, good neighbors and good times. For information, call 724-7781.

Peninsula-Wide Softball Tournament

The Peninsula-Wide Softball Tournament will be held May 27-29 at the field by Collier Field House. For information, call 011-9680-2097.

Annual June Jamboree

The Installation Exceptional Family Member Program and Seoul American Elementary, Middle, and High School will host the 19th Annual June Jamboree June 3 at Yongsan Garrison. Activities will include swimming, bowling, picnic and games. For information, call 738-5311 or e-mail CarterAl@korea.army.mil.

A Bazaar for Donations

'The Beautiful Store', a non-profit organization, opens a bazaar 1 - 4 p.m. May 28 in Duk-song High School near Insadong. For information, e-mail swapnsale@hotmail.com.

The Asian X Games

The Asian X Games will be held May 27-

29 at Jamsil Stadium. A free shuttle is available for those attending the games. Admission is free. For information, log onto www.uso.org/korea.

Movies and Opera

Korean Traditional Music and Dance Classes for Foreigners

Korean traditional music and dance classes for foreigners every Saturday through June 4 at the National Center for Korean Traditional Performing Arts. For information, call 580-3054 or log onto www.ncktpa.go.kr.

Exhibitions and Festivals

Korean Sculpture Exhibition

Korean artist Kim Jong-young will host a sculpture exhibition of more than 60 sculptures, including drawings, that adapts to Western technique. For information, log on to www.moca.go.kr.

Spring Fountain Garden Festival

The Sejong Center will host a Spring Fountain Garden Festival at 12:20 p.m. today, located at the fountain square behind the Arts Center. For information, call 399-1623.

Late Night Movies

The Sejong Center for the Performing

Arts hosts a late night movie screening at 10 p.m. every Friday. For information, call 399-1114.

3rd World Ceramic Biennale

The Third World Ceramic Biennale will be held with the theme of "Ceramics: The Vehicle of Culture" through June 19 in Icheon, Yeosu and Gwangju. For information, call 031-631-6504.

Religious activities

Kids Program Seeks Volunteers

Hannam Village Vacation Bible School is in jeopardy of being cancelled due to lack of volunteers. Program scheduled June 20 - 24 for school-aged children in first through fifth grades. For information, e-mail: mikahal@hotmail.com or call DSN 738-4043.

Repatriation Ceremony

A U.S. Forces Korea Memorial Day / Repatriation Ceremony will be held at 2 p.m. Thursday at Knight Field on Yongsan Main Post. Gen. Leon J. LaPorte will host the event to honor the recently recovered remains of those who fought and died during the Korean conflict that are being repatriated to the United States and the memory of all military men and women who served our nation. In case of inclement weather, the ceremony will be held instead at the Collier Field House.

Ad goes here

BRAC

from Page 1

Chemical Depot, Utah; Riverbank Army Ammunition Plant, Calif.; and Charles E. Kelly Support Center, Pa.

In addition to closing these installations, the current plan would close 176 Army Reserve and 211 Army National Guard facilities. These will be replaced by 125 multi-component Armed Forces Reserve Centers.

The changes are part of a total BRAC package expected to save the Department of Defense about \$50 billion over the next two decades, officials said.

Gen. Richard Cody, vice chief of staff for the Army, said the changes to the

reserve-component structure are designed to bring the Army Reserve and National Guard in line with the Army's new modular, unit-of-action structure.

Lt. Gen. H. Steven Blum, chief of the Army National Guard Bureau, said the changes in the Guard and Reserve centers will not only lead to better efficiency within the units, but will also lead to improved recruitment.

"We hope it will affect recruitment and retention in a positive way," Blum said. "By divesting ourselves of some of the more remote facilities and moving to areas with better demographics, it

should allow for positive change."

The BRAC proposal also calls for a change in location for a number of large commands and Army functions. Among these is the relocation of the Armor Center, currently at Fort Knox, Ky., to Fort Benning, Ga., to become part of a new Maneuver Center there.

"What Knox gets in return," Cody said, "is we'll activate a modular brigade combat team there. Accessions Command will go there and the Cadet Command. Human Resources will move out of [leased] space and go to Fort Knox. We're also moving an air defense artillery brigade from Fort Bliss, Texas, to Fort Sill (Okla.) to create a Fires Center."

Training and Doctrine Command will move from Fort Monroe, Va., to Fort Eustis, Va., as Fort Monroe closes under the current BRAC proposal, Cody said.

Among many other changes, the BRAC proposal:

- Relocates Army Materiel Command headquarters to Redstone Arsenal, Ala.
- Relocates the 7th Special Forces Group from Fort Bragg, N.C., to Eglin Air Force Base, Fla.
- Relocates Forces Command Headquarters and U.S. Army Reserve Command to Pope Air Force Base, N.C.
- Stations Third Army headquarters with the Air Force component of U.S. Forces Central Command at Pope Air Force Base, N.C.
- Moves the Installation Management

Agency headquarters to Fort Sam Houston, Texas.

■ Activates modular BCTs at Fort Bliss, Texas; Fort Bragg, N.C.; Fort Knox, Ky.; and Fort Riley, Kan.

■ Creates a new medical hospital and research facility, the Walter Reed National Military Medical Center in Bethesda, Md., and builds a new 165-bed hospital at Fort Belvoir, Va.

Whether these changes are approved depends on actions by the BRAC commission, said Michael Wynne, assistant undersecretary of defense for acquisition, technology and logistics.

The commission, made up of former legislators and military experts, will forward its recommendations to the president after reviewing the Department of Defense recommendations. It must take action by Sept. 8. The president will then have until Sept. 23 to accept or reject the recommendations in their entirety. If accepted, Congress then has 45 days to reject the recommendations before they become binding.

Specific changes must begin within two years of the recommendation's acceptance, and must be complete within six years, without interrupting ongoing operations, Wynn said.

More details regarding the changes are available at www.hqda.army.mil/acsim/brac/braco.htm. They are also available at www.defenselink.mil/brac.



ARMY PHOTO

Fort Monroe, Va., will be one of 15 major Army installations to close if DoD Base Realignment and Closure recommendations receive final approval. Built following the War of 1812 to protect the Hampton Roads shipping lanes, Fort Monroe still retains its casemate walls and moat, evident on the right of this aerial shot.

**NOW SHOWING AT
THEATERS IN KOREA**

AAFFS THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Hostage R	Hostage R	XXX: State of the Union PG-13	XXX: State of the Union PG-13	Ice Princess G	The Ring Too PG-13	The Ring Too PG-13
ESSAYONS 732-9008	Million Dollar Baby PG-13	The Aviator PG-13	Diary of a Mad Black Woman PG-13	No Show	The Ring Too PG-13	The Ring Too PG-13	XXX: State of the Union PG-13
HENRY 768-7724	Hostage R	A Lot Like Love PG-13	A Lot Like Love PG-13	Hostage R	No Show	No Show	Hostage R
HUMPHREYS 753-7716	XXX: State of the Union PG-13	XXX: State of the Union PG-13	XXX: State of the Union PG-13	Boogeyman PG-13	Boogeyman PG-13	Hostage R	Star Wars: Episode III PG-13
HIALEAH 763-3120	A Lot Like Love PG-13	Be Cool PG-13	The Ring Too PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	The Ring Too PG-13	XXX: State of the Union PG-13	Hostage R	The Ring Too PG-13	XXX: State of the Union PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13
KUNSAN 782-4957	Amityville Horror R	Amityville Horror R	Robots PG	No Show	Robots PG	Hostage R	Hostage R



House of Wax -- A group of friends on their way to a college football game falls prey to a pair of murderous brothers in an abandoned small town. They discover that the brothers have expanded upon the area's main attraction.. the House of Wax, and created an entire town filled with the wax-coated corpses of unlucky visitors. Now the group must find a way out before they too become permanent exhibits in the House of Wax.

Ice Princess -- Casey has never quite fit in. Caught between her fantasy of becoming a championship figure skater and her strong-willed mother, who has her on the fast track to Harvard, she can only hope to be like Nikki, Tiffany and Gen, three elite skating prodigies who are ruthlessly competing on the US National circuit. Casey takes on the challenge of her life when she finds herself competing against the best to make it into the championship circuit.

Million Dollar Baby

Frankie Dunn is a veteran boxing trainer who has devoted his life to the ring and has little to show for it; he's estrangement from his daughter and a fighter he's groomed into contender status has signed with another manager. Then, Maggie Fitzgerald enters his life and announces she needs a trainer. Frankie regards her as a dubious prospect, as she's too old, lacks experience, and has no technique. Finally won over by her determination, Frankie takes on Maggie, forging an emotional bond as they train.

The Ring Too
Sequel to the horror flick
The Ring, Naomi Watts
reprises her role as Rachel
Keller, who, six months
after the events of the first
film, moves to Astoria,
Ore., with her son, Aidan,
to escape their memories
of what happened in
Seattle. When a few locals
start dying, however, and a
strange videotape
reappears, Rachel
becomes aware that the
creepy Samara is back
and after Aidan.

XXX: State of the Union -- NSA Agent Augustus Gibbons, fresh off the success of his last renegade recruitment, once again finds himself in need of an outsider. Gibbons and his new agent, also code-named "XXX," must track a dangerous military splinter group led by Willem Dafoe that is conspiring to overthrow the U.S. Government in the nation's capital.

Be Cool -- Chili Palmer sees a friend killed while he's at lunch, and when he visits the wife of the deceased, he pitches himself as her new business partner, hoping to enter the music industry. Chili takes on a would-be pop star as a client but soon finds himself dealing with Russian mobsters, an incompetent manager, and other complications.

[illegible]

Encouragement can be key to leadership

By Chaplain (Capt.) Samuel Paul

1-38 FA Battalion

Respect and appreciation are integral parts of human dignity and are foundational human needs. When leaders disrespect subordinates or fail to show appreciation and recognition it is hard for anyone to follow, no matter how great the vision.

Conversely, encouragement and recognition empower and enable one to be who they are. People respond better to appreciation and kindness than disrespect. Most people will do anything if they are treated with respect.

Appreciation, recognition and encouragement are keys to motivating anyone to complete the most difficult task. An experiment was conducted to measure a person’s capacity to endure pain. Psychologists measured how long a barefoot person could stand in a bucket of ice water. They found one factor that made it possible for

some to stand in ice water twice as long as others ... it was encouragement. Encouragement is like oxygen to your soul; without it you die, but with it you can overcome seemingly insurmountable obstacles. [“Some people like cutting remarks, but the words of the wise sooth and heal.” – Proverbs 12:18]

Good leaders don’t simply exercise encouragement; they include encouragement as part of the process. Become like the farmer who used to hitch up his mule to a plough and shout, “Get up, Beauregard! Get up, Satchel! Get up, Robert! Get up, Betty Lou!” One day a neighbor asked, “How many names does that mule have?” The farmer said, “Just one. His name is Pete. I put blinders on him and call out different names so he thinks other mules are working with him. You see, he has a better attitude when he thinks he’s part of a team.”

When people feel like they’re part of a team and

part of a dream, they discover their potential and accomplish great things. So include them by becoming an encourager. [“Leadership is influencing people - by providing purpose, direction, and motivation - while operating to accomplish the mission and improving the organization.” – FM 22-100]

If you are a high-energy self-starter type who doesn’t need encouragement, and you cannot understand why anyone else would, ponder the words of William Ward, “Flatter me and I may not believe you, criticize me, I may not like you, ignore me and I may not forgive you, but encourage me and I’ll never forget you.”

Look around you, there are many who are in despair, depressed and feeling a sense of worthlessness. You have the power to encourage – show appreciation and recognition. You don’t need a title, position or pulpit to do it. Just do it and be amazed by the results.

Area I Worship Services										
Catholic	Daily	11:45 a.m.	Stanley Chapel, Stone Chapel	Friday	1 p.m.	DISCOM Chapel	Sunday	11 a.m.	Memorial Chapel	
				Latter Day Saints				1 p.m.	Stanley Chapel	
	Sat. urday	6 p.m.	Stanley Chapel	Sunday	1 p.m.	Crusader Chapel	Protestant Contemporary			
	Sunday	9 a.m.	Warrior Chapel	Protestant	8:30 a.m.	Happy Mtn. Chapel		Saturday	6 p.m.	Crusader Chapel
		9:30 a.m.	Hovey Chapel		9:30 a.m.	DISCOM Chapel, Essayons Chapel		Sunday	10 a.m.	Stone Chapel
		10:30 a.m.	DISCOM Chapel						6 p.m.	Reggie's
		11 a.m.	Essayons Chapel		10:30 a.m.	Kyle Chapel			6 p.m.	Crusader Chapel
	noon	Crusader Chapel, Stone Chapel		11 a.m.	Warrior Chapel, Hovey Chapel, Stanley Chapel, Crusader Chapel	Area II Chaplains				
COGIC	Sunday	12:30 p.m.	Warrior Chapel						Castle Chapel	
Eucharistic Episcopal				noon	Jackson Chapel					
Sunday	5:30 p.m.	Stanley Chapel		1 p.m.						
Islamic Prayers				Protestant Gospel			Chaplain (Maj.) James Hartz HartzJ@korea.army.mil			
							Chaplain (Capt.) Samuel Paul SamuelP@korea.army.mil			

Ad goes here

Korean palace offers glimpse of royal past

By David McNally

Area | Public Affairs

Foreigners line up beneath a large traditional Korean gate. A guided tour is about to begin at Changdeok Palace — a “must-see” tourist site in downtown Seoul that offers a glimpse into Korea’s royal history.

Of the five remaining palaces of the Joseon Dynasty, Changdeokgung is the oldest (-gung means palace in Korean).

“They do things a little differently here,” said Lee Hu-yang, a Seoulite who visited the palace April 23. “At Changdeokgung you have to go on a guided tour. You can’t just walk around on your own.”

The gate opens and the visitors stream in, handing tickets over to a Korean wearing a traditional “hanbok” outfit.

There are about 75 visitors in the group today. The guide speaks into a microphone as the trip through the palace grounds begins. She tells the tale of Changdeokgung and the Secret Garden.

In A.D. 1405 King Taejong of the royal Yi family ordered construction of a palace.

King Taejong was the third king in the Joseon Dynasty, which ruled the Korean peninsula from 1392 to 1910. Changdeokgung served as a main palace for more than 300 years.

Changdeokgung was destroyed and rebuilt many times during the turbulent centuries. More recently, the palace was renovated following the Korean War, and in 1979 when the government evicted the last remnants of the royal family.

“Today the palace reminds us of our proud history,” Lee said. “It is a beautiful place to visit.”

Behind the palace is the Secret Garden, which the Koreans call “Biwon.” In the days of kings and queens, this garden was the exclusive domain of the royal family.

The guide said there is nothing to a story that the “secret” of the garden is that this is where Korean kings enjoyed surreptitious trysts with concubines. That comment brought smiles as tourists enjoyed a walk around the pond.

Around the garden one can see a well-groomed forest, pavilions, pagodas, ancient stone bridges and serene ponds.

Halfway through the 1-mile hike in and around the 41 buildings and expansive garden, the guide offers a 20-minute break. A souvenir stand sells trinkets, books and refreshments.

The group soon gathers again to visit a reconstruction of a traditional Korean aristocrat’s home. Known as “yangban,” the noble class lived a life much different from the average Korean citizen. The large home is in a walled compound surrounded by servant’s quarters.

The Changdeokgung walking tour continues toward the main palace entrance with a few more stops at points of interest.

For information on Seoul palaces online, visit <http://www.afsckorea.org/survivor/survivor2004/chap63.html>.

Changdeokgung is located near the Anguk station on the Seoul Metropolitan Subway System orange line (328). There is an entrance fee of 2,200 Korean won for adults and 1,100 won for children. The palace offers three daily English-language tours at 11:30 a.m., 1:30 p.m. and 3:30 p.m.

E-mail david.mcnally@us.army.mil



A guide wearing traditional Korean attire (called a hanbok) explains palace history to visitors.



The main throne hall follows Chinese geomancy, or “feng-shui” in its design.



Colorful wooden buildings with elaborate roofs display traditional Korean architecture.



A serene pond offers a relaxing place to pass the afternoon in the Secret Garden.



Fire destroyed these wooden structures many times over the centuries, but the Koreans have restored them to their former regal bearing.



About 75 tourists take the English-language tour April 23 at Changdeok Palace in Seoul.

PHOTOS BY DAVID MCNALLY

Korea MWR Region

Red Cross Classes

The American Red Cross is offering a variety of classes in May. Upcoming classes include first aid and adult, child and infant CPR.

To sign up on Yongsan Garrison, go to the American Red Cross office located upstairs in the Moyer Community Services Center. Payment must be made at the time of signup. For information, call 738-3760.

Pacificwide Slowpitch Softball Tournament

The Community Recreation Division, DMWR, Area II Support Activity, Yongsan, Korea will host the Pacificwide Men's and Women's Slowpitch Softball Tournament, May 27-30. This tournament is open to active duty military, DOD, DAC personnel and dependents who are 19 years of age or older and not in high school. Registration will be limited to the first 32 men's teams and the first 16 women's teams. Billeting will be provided by the host command at no cost with priority given to out of country teams.

For information, contact the Tournament Director, Bennie L. Jackson at Yongsan at 738-8608 or JacksonBE@korea.army.mil.

Upcoming Concerts

Country music acts Mark Wills and Jolie Edwards will perform a concert tour of Korea through Wednesday. Concert dates are as follows:

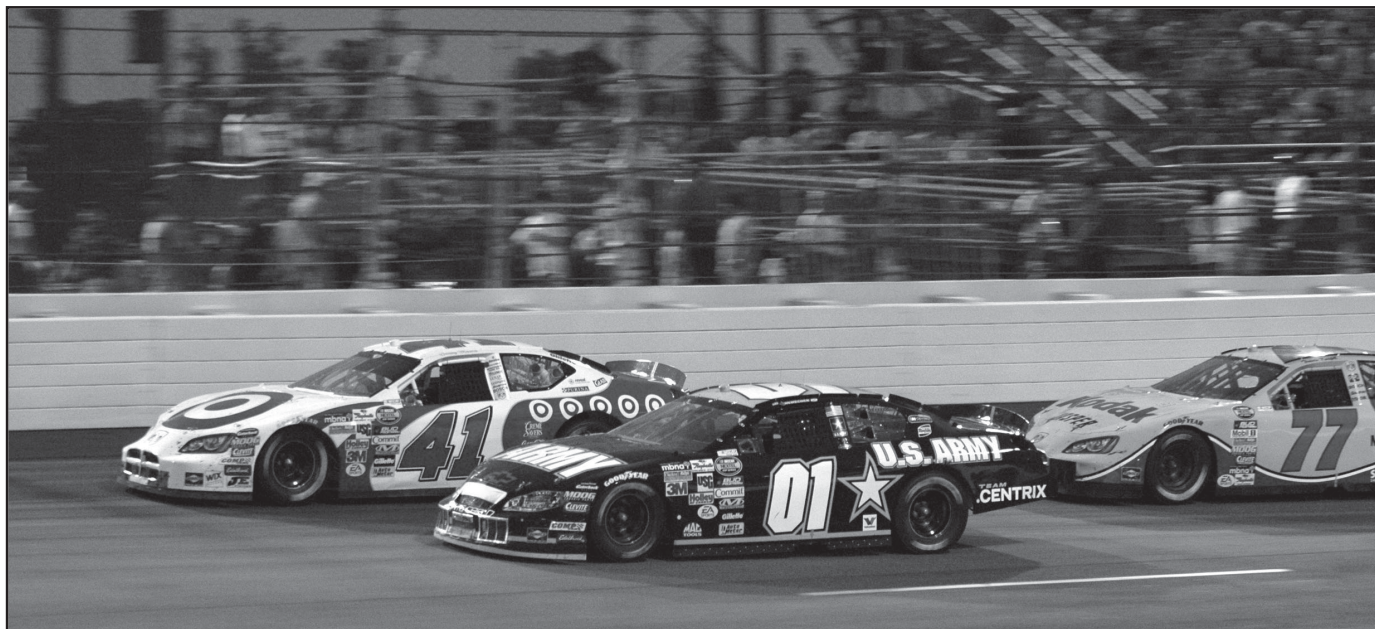
Friday - Area III
Saturday - Area IV
Sunday - Area II
Monday - Day Off
Tuesday - Area I
Wednesday - Area I

BOSS Fashion Winners

Winners at the 2005 KORO Fashion Bash held Saturday at Camp Red Cloud's Community Activity Center. Winners are: Casual/Sports Wear (Female), LaDonna Jenkins, Area I; (Male), Henry Olukotun, Area IV; Business Wear (Female), LaDonna Jenkins, Area I; (Male), Charles Gary, Area I; Formal Wear (Female), LaDonna Jenkins; (Male), Henry Olukotun, Area IV; Special Critics Awards (Female) LaDonna Jenkins; (Male), Constantine Mourtos, Area I.

Submitting to TMWC

To have an event or activity highlighted in The Morning Calm Weekly, send event information, including all pertinent details and a point of contact name and telephone number, to MorningCalmWeekly@korea.army.mil. Deadline for submission is close of business the Friday prior to the week the item is to be published.



MAJ. WILLIAM THURMOND

The 01 Army Chevrolet, driven by Joe Nemechek, battles for position with Casey Mears in the number 41 Target Dodge.

Hard work gets Army car 18th place finish

By Maj. William Thurmond

Army News Service

RICHMOND INTERNATIONAL RACEWAY, Va. – Loose, looser and loosest. It's not proper English, but that's how NASCAR fans conjugate that particular unpleasant verb.

The term implies a car that cannot hold a turn well. Bottomline: it's bad.

And the Army team got plenty of practice using it Saturday night in Richmond.

Pole sitter Kasey Kahne apparently did not use "loose" in a sentence much, as he dominated the race and led for 242 of 400 laps, winning his first NEXTEL Cup race in a decisive fashion.

Also finishing strong was Greg Biffle in the Army National Guard Ford, who never dropped out of the top ten and finished sixth.

Biffle's outstanding performance marked his seventh top ten 2005 finish, gaining him one spot to become the

current second-place driver in the NEXTEL Cup points race. Only 41 points separate Biffle from front runner Jimmie Johnson.

Starting from the 13th row in 25th position, Joe Nemechek drove the Army car hard all night, finishing 18th, seven spots ahead of where he started.

While that result may not impress casual observers, please rest assured that the team sweated all night to achieve it.

Nemechek's ill-handling racecar failed to respond to multiple chassis and air pressure adjustments through the first two-thirds of the Chevy American Revolution 400. Following pit stops, the Army 01 Chevrolet would briefly gain positions only to give them up during long green flag runs.

"We just couldn't mount a charge," said Nemechek. "The U.S. Army Chevy would run decent for a while then it would fall off. We just didn't hit on the setup."

Seeing that a more radical solution

was required, Ryan Pemberton, the Army racecar's crew chief, called for Nemechek to pit twice during a late race caution. Pulling off the left front tire, the team worked feverishly on the front shock assembly, completing an adjustment and getting Nemechek back in the race seconds before he was lapped by the field.

Pemberton's risk apparently paid off, as Nemechek was able to pass nine cars during the final 60 laps of the race.

"We made the shock adjustment and that seemed to help," said Nemechek. "The car was better at the end, but it still wasn't where it needed to be."

Next Saturday night will find Nemechek representing the Army in the Nextel All-Star Challenge at Lowe's Motor Speedway in Charlotte.

The following weekend, the Army team will compete in NASCAR's version of a marathon, the Coca-Cola 600, also in Charlotte.



SSG BERNADETTE A. JAVOIS

BOSS Bash

Above: BOSS reps play one-arm, non-dominant arm basketball at the Area I Third Quarter BOSS Conference May 13. Hosted at Camp Stanley, the conference was not your usual classroom conference filled with instructions on "How to make your BOSS program a success," but rather a meeting focused on team-building activities. The importance of communication and involving other agencies was instrumental in the day's activities. Team-building activities, including the one-armed basketball game, compelled Soldiers to communicate verbally as well as physically.

At right: Area I Command Sgt. Maj. Yolanda Lomax (center) and Master Sgt. Pedro Saldana, Camp Stanley BOSS military advisor, (right) prepare and serve a barbeque lunch of hot dogs, hamburgers and chips to Soldiers attending the BOSS conference.



Sling load training critical for Soldiers, chopper aircrew

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – Soldiers with the 16th Medical Logistics Battalion in Yongsan journeyed to Camp Humphreys April 15, for sling load training.

Sling loading cargo, carrying cargo

in a net slung beneath a helicopter, is one of the most rapid means of moving supplies to where they are needed. On a battlefield, rapid resupply is necessary.

There are trade-offs, however.

Sling loading cargo can be dangerous both for those on the ground and in the air. A helicopter in flight generates a

static charge that can cause injury. A weak net might drop cargo. Wind and weather can affect helicopter flight.

Training is necessary.

“We try to do this at least twice a year,” said Capt. Danny Kittrell Jr., Bravo Company commander. “But if we have the opportunity, if the aircraft is

available, we’ll do it more often. This is the third time we’ve been down here since I took command in September. This training is critical for us.”

Medical logistics uses sling loading to move supplies such as blood, medicines, equipment and repair parts from their supply area to where those supplies are needed.

Spc. Sonny Lizarraga, a lab technician with the unit, said, “We need to know how to do this quickly and safely. It can be a matter of life and death to get our goods where they’re needed.”

The training is as critical for helicopter aircrew as well.

“We’ve got to know the helicopter capabilities,” said Chief Warrant Officer 2 Andy Kellaway, 377th Medical Company.

According to Kellaway the problems begin with the helicopter hovering so close to the ground. The pilots take directions from the crew chief who can see what is going on directly below the helicopter through a small port in the floor.

“It’s an exacting task,” said Kellaway. “We have to train for it.”



PHOTOS BY ROGER EDWARDS

Soldiers of the 16th Medical Logistics Battalion Yongsan, start their sling load training by learning the technique for putting the cargo in the net (above). Once the cargo is ready for pickup, the helicopter (below left to right) approaches, has a static line attached and then the cargo net. Once the net is attached, the ground crew clears the area before the helicopter lifts.



New ATM locations

Kiosk provides Humphreys' Soldiers banking service, convenience

By Susan Barkley

Area III Public Affairs

CAMP HUMPHREYS – Over \$400,000 disappeared from the ATM machine near the Camp Humphreys pedestrian gate one weekend night almost two years ago. Officials were stunned.

An investigation revealed that Soldiers had withdrawn that much cash from their accounts on a holiday weekend night. The machine had been filled repeatedly until running out of money for the final time. Officials said they could not put any more money in it at that point.

Soldiers belonging to the Better Opportunities for Single and unaccompanied Soldiers program took it upon themselves to get involved. That first step resulted in a kiosk with three ATMs being built near the pedestrian gate. Community Bank officials, BOSS members and others gathered April 20 for a ribbon cutting.

A plaque to the left of the kiosk entrance cites BOSS efforts to bring about this quality of life improvement at Camp Humphreys.

“I use it just about every day,” said

Pfc. Jared Hagins, also of B Company, 176th Finance Battalion. He added that he gets both dollars and won from the ATM.

Camp Humphreys Community Bank Branch Manager, Kim Kyong-ah, is happy that the kiosk has been so well received and useful to the Soldiers. She commented that an ATM had also been installed at the post exchange recently. Kim said that Community Bank wants to provide good service to customers and is willing to consider other locations for ATMs if the need arises.



ROGER EDWARDS

Sgt. Tenille Daniels, Bravo Company, 176th Finance Battalion, exits the automatic teller machine kiosk across from the walk-through gate.

NEWS & NOTES

Installation-wide Post Run

All units, civilian employees, family members and contractors are invited to run in the first Post Run, beginning at 7:30 a.m. Tuesday. The run is the KATUSA-U.S. Soldier Friendship Week kick-off event. For information, call Ernie Davis at 753-6735.

KATUSA-U.S. Soldier Friendship Week

Opening ceremonies will be held at Freedom Field, at 1:30 p.m. Monday, featuring traditional Korean music, dance and performances. Sporting events include basketball, softball, Gima-Jon, Korean Wrestling, 5km Run, Relay of Ranks Race, Tug-of-War and Installation Post Wide Run/walk. Closing ceremonies will be held Thursday at Freedom Field beginning at 1:30 p.m. For information, call Christopher Ruffin at 753-6089.

Asian Pacific Heritage Month

The Area III Equal Opportunity Office will sponsor an Asian Pacific Heritage Month celebration at the Camp Humphreys Multi-purpose Training Facility Friday, from 12:30 until 1:30 p.m.

For information, call 753-6527 or 753-3317.

Baby-Sitting Training

The American Red Cross is sponsoring a baby-sitting training class, 10 a.m. to 2 p.m. June 21 and 22. The class fee is \$25 and must be pre-paid for registration.

For information and registration, call 753-7172.

KATUSA/US Friendship Concert

Everyone is invited to a concert of popular Korean musical performers at Soldiers Park beginning at 7 p.m. May 25.

Performing are M.C. Mong, Yune, Eun Ji-won, In Soon-ee and Hyun-suk. Bring your own sodas and water.

Area III Online Hometown News Release

Area III Soldiers and airmen may now submit an online Hometown News Release form by visiting <http://area3.korea.army.mil>. Find the "Quick Links" section at the right side of the home page and click "Hometown News Release." Arrival in Korea, awards and promotions are just some of the milestones that can be submitted for a Hometown News Release that will be published in a hometown newspaper. For information, call 753-8847.

United Club distributes record annual grants

By Susan Barkley

Area III Public Affairs

CAMP HUMPHREYS – The United Club's outgoing board wrapped up their year in office May 11, when they disbursed cash grants and scholarships totaling \$6,609.10. During their tenure, the club returned \$9,462.10, the highest amount ever, to the Area III community. The Painted Door Thrift Shop is the primary moneymaker for the club, but they engage in other fund-raising efforts throughout the year.

Cash grants totaling \$3,009.10 were given to Humphreys American Elementary School, 168th Medical Battalion, Area III Fire and Emergency Services, Child and Youth Services programs. Scholarships totaling \$3,600 were awarded to Chandra J. Reeb, Kristen Simonsgaard, Maria Popelka, Yeritza Nocera, Stephanie Eklund and Eva Johnson. Grants amounting to \$2,853.00 were disbursed in the fall of 2004.

The grants will pay for things ranging from testing material for HAES to fire safety promotional banners to art supplies and videos for the teens. Sherri Longoria, second grade teacher at HAES promised that thanks to the grant every child would get a test. These testing materials are required for school

accreditation. Joon Auci, CYS director, promised to use the money for recreational activities for children and youth.

Scholarships will help fund college and graduate courses for the recipients. Kristen Simonsgaard is pursuing studies leading to a graduate degree in religious education. Stephanie Eklund is still deciding on her ultimate course of study, but said the scholarship is a "big help."

The Camp Humphreys United Club is a non-profit organization dedicated to

community service and open to all U.S. military, family members, Department of Army civilians and retirees who hold an identification card. Outgoing President, Carol Jessee, said she was sad to leave but knew she was "leaving the club in great hands."

Melissa Williamson, incoming president, said the club will resume meetings in August. Anyone wanting to learn more about the United Club can stop by the Painted Door Thrift Shop for information.



SUSAN BARKLEY

Carol Jessee, outgoing United Club president, laughs when Sherri Longoria jokes that the club grant to Humphreys American Elementary School will guarantee that every child in school will get a test. A \$1,300 grant was awarded to the school for the purchase of testing materials needed for accreditation. Longoria teaches second grade.

A PERFECT DAY OUT OF SCHOOL



Lauryn Chisolm (left) and Breanna Gilson were among the more than 150 students, kindergarten through 6th grade, who enjoyed the Humphreys American Elementary School Field Day May 13. Tug-of-war was just one of the activities put on by Humphreys American Elementary School staff and volunteers from the 23rd Area Support Group and the 168th Medical Battalion.



Desirae Bryant is running on air as she goes for the finish line on her leg of a relay race during the Humphreys American Elementary School Field Day. Maisie Kirkley was moments behind.



PHOTOS BY ROGER EDWARDS

Students from Humphreys American Elementary School arrive at Camp Humphreys Soldier Park for a school field day May 13. The weather was perfect.

'Raiders' celebrate Korean Children's Day holiday

By 1st Lt. Bryan H. Rhee

520th Maintenance Company

CAMP HUMPHREYS – Soldiers from the 520th Maintenance Company, 194th Maintenance Battalion celebrated Korean Children's Day with local orphans from Pyeongtaek May 6. The event was held at the Camp Humphreys Commander's Community Center.

"Children's Day" is a traditional Korean holiday when parents and grandparents take time to appreciate the next generation with gifts and games. The party on the sixth, conducted by the "Raiders" of the 520th Maint. Co., provided an opportunity for Soldiers to play games and barbecue with about 40 Korean orphans from the Ae Hyang Orphanage.

"We visited the Ae Hyang Orphanage on Thanksgiving and Christmas, so this time around we wanted to bring the children to Camp Humphreys," said Capt. David N. Normand, commander, 520th Maint. Co. "Events like this are positive experiences for all involved -- the children get to experience a Children's Day that they would not otherwise have, and the Soldiers from the 520th all had a great time."

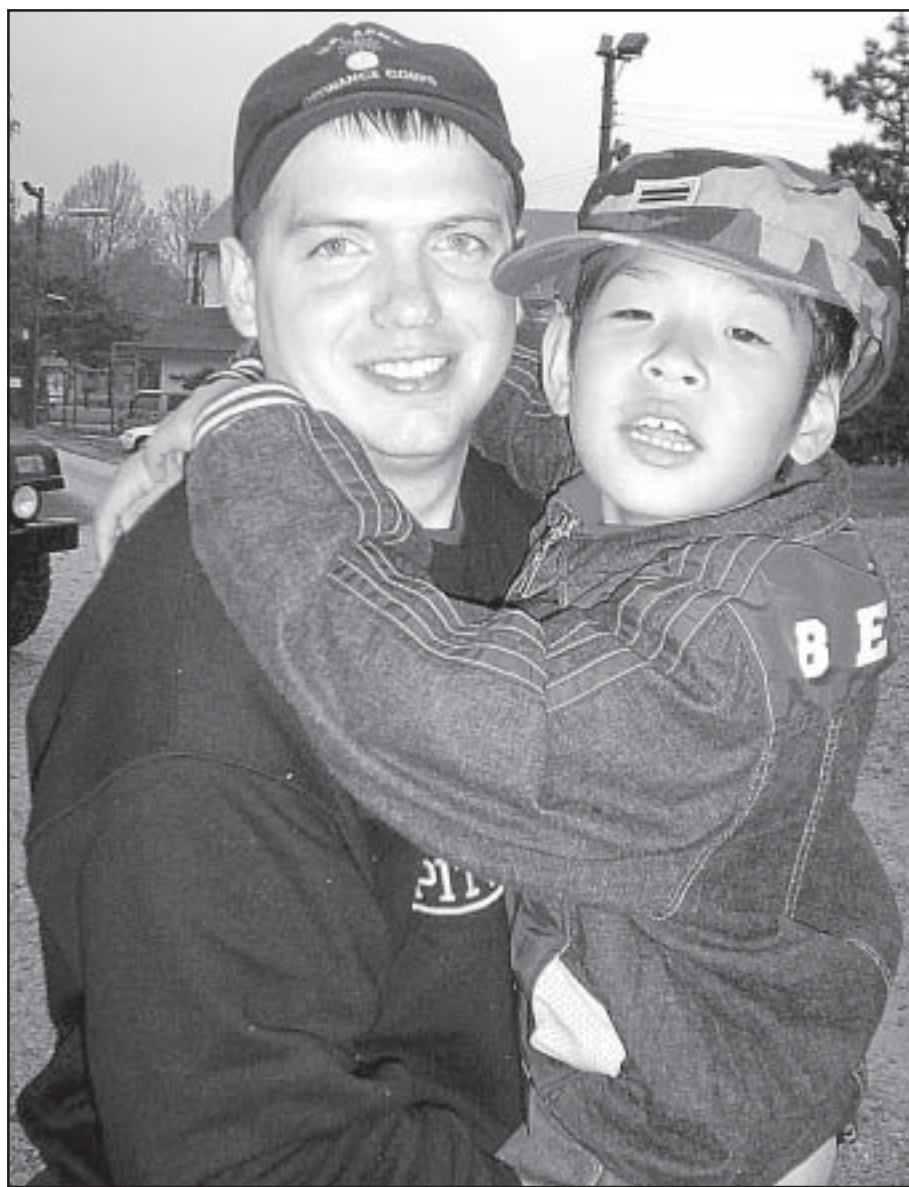
Soldiers played a number of games with the children and also

barbecued hamburgers and hot dogs for the children. One of the highlights of the event was a "four-legged" race in which one American Soldier and two Korean children had their feet bound together. Three teams were established: green, orange and blue. After several different events the competition was close, but eventually the orange team edged out a narrow victory.

"I had a great time. It's not everyday that we get to play with children and have so much fun," said Sgt. Rosemarie Valentino, Supply Support Activity Platoon, as the event was coming to an end. "I have two children of my own and these children remind me of how much I miss them."

"Events like these are excellent opportunities for the Soldiers to interact and contribute to the local community," said Sgt. 1st Class Stacey M. Turner. "This event was locked in tight and I'm glad everyone had so much fun. I only wish that I could have made it to the Thanksgiving orphanage party last year."

The 520th Maintenance Company invited the children to visit again in the near future to further develop its strong relationship with the Ae Hyang Orphanage.



U.S. Army Photo

Capt. David N. Normand, a 520th Maintenance Company "Raider," carries a new friend from Pyeongtaek's Ae Hyang Orphanage into the "Children's Day" celebration the unit hosted for the children at the Camp Humphreys Commander's Community Center May 6.

Did you change the date on Pg. 24?

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Ad goes here

Area IV dominates 8th Army V-ball

By Sgt. Oh Dong-keun

Area IV Public Affairs

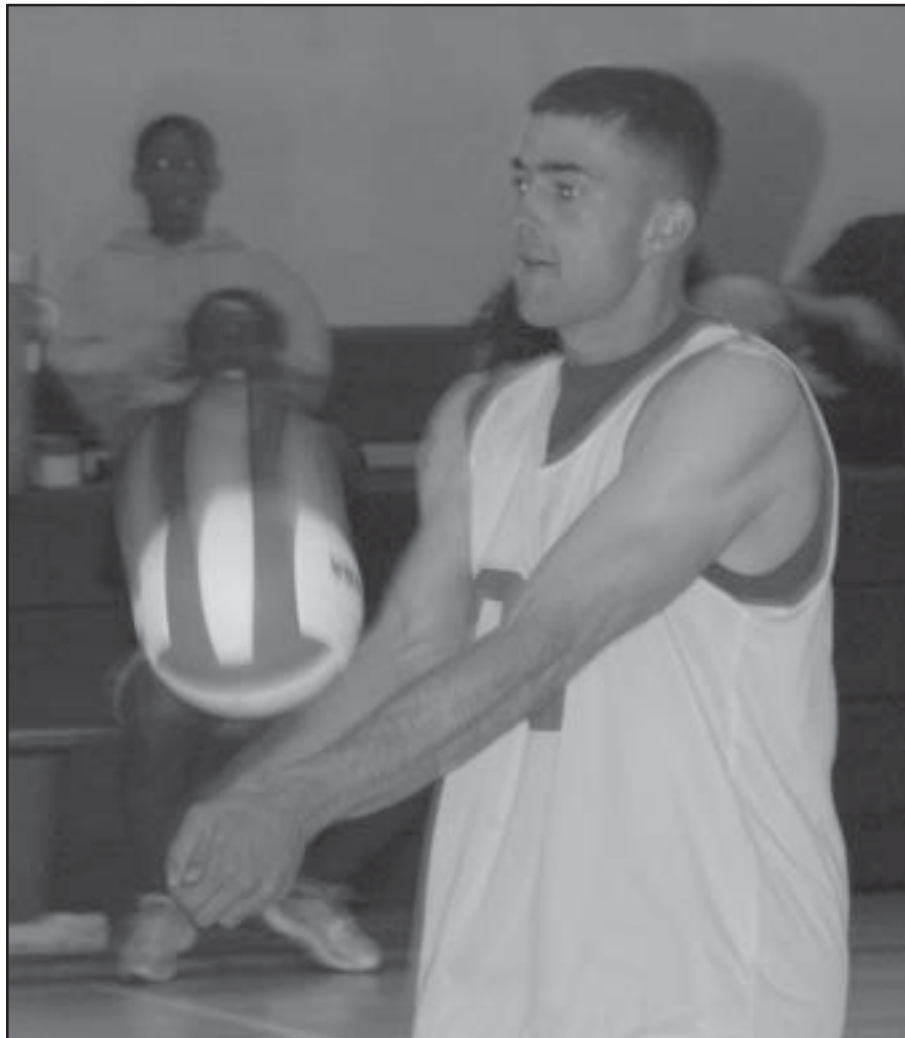
CAMP WALKER – Riding home-court advantage and fan support, Area IV teams nearly swept all three categories at the 2005 Eighth Army Volleyball Championships May 12 through Saturday at the Kelly Fitness Center on Camp Walker.

In the co-ed category, the Area IV team, comprised of Soldiers, civilians and family members, cruised to first place without giving up a match, defeating Area II 25-15, 30-28 in the championship match.

The Area IV women's team tasted sweet revenge when they triumphed over Area II twice in a row to capture the championship. Area II had beaten Area IV earlier in the double-elimination tournament, forcing them to play their way out of the losers' bracket to reach the finals, which turned out to be a grudge match between the two teams. Area IV played with determination and purpose, not wanting to waste their hard-fought chance at the championship. They ended up defeating Area II 25-12, 25-23 in the first championship match and 25-10, 19-25, 15-12 in the second match to complete their rally.

Eight teams, two from each area, participated in the company-level championships where another Area IV team was two wins away from completing the three-way sweep.

Headquarters and Headquarters



Sgt. Oh Dong-Keun

A player sets the ball during a company-level match at the 2005 Eighth Army volleyball tournament.

Company, 19th Theater Support Command, finished the tournament in second place after losing to Headquarters and Headquarters Company, 17th

Aviation Brigade, in the championship match 15-25, 18-25. Just like the Area IV women's team, HHC, 19th TSC, had

See **Volleyball**, Page 26

Busan Good Neighbors recognized

By Kevin Jackson

Area IV Public Affairs

CAMP HIALEAH – A 91-year-old Korean man who buried a B-24 bomber aircrew that was shot down by Japanese anti-aircraft fire nearly 60 years ago and who has personally kept their memory alive with an annual ceremony was among three people recognized as a "Good Neighbor" at the Pusan Pub here May 13.

Kim Duk-hyung, director of the War Memorial Activities Association, was presented an Area IV Support Activity –Busan Good Neighbor Award, along with Kim Soo-il, People to People Busan Chapter; and Lee Byung-moon, Busan-jin Police Station Foreign Affairs Section during the 3rd Annual Good Neighbor Awards Reception. Each of the recipients received a specially mounted and framed certificate with a commander's coin for excellence.

"Your steadfast commitment and dedication to the betterment of humanity and your tireless support are truly noble



endeavors. Thank you for all that you have done in building these everlasting friendships – you are truly good neighbors to the U.S. military community in Busan," said Col. Donald J. Hendrix, Area IV Support Activity commander.

Kim Duk-hyung buried 11 U.S. Army Air Corps crewmembers and marked their graves near the summit of Mangwoon Mountain on Namhae island, 75 miles west of Busan. He was beaten

and imprisoned by the Japanese for his actions. In 1948 he founded the association and then completed a monument at the crash site in 1956. Kim will host the 60th anniversary ceremony in November.

"I want to thank all the visitors here tonight," Kim said in his brief acceptance remarks. "It is not enough to describe my grateful feelings in words, but that's all I can say at this moment. As a citizen of Namhae, I graciously welcome all the people here tonight to visit Namhae."

Kim Soo-il became the president of the People to People Busan Chapter in December 2003. Since he assumed the position, PTP had invited numerous U.S. military personnel in Busan to participate in goodwill, cultural and social activities throughout the year with the theme of "Korea-America Friendship."

Lee has been employed by the Korean National Police for 25 years and spent

See **Neighbors**, Page 28

Armed Forces Day, CARE correction

Area IV Public Affairs Office

CAMP HENRY – The date of the Area IV Support Activity 4th Annual Armed Forces Day Celebration, being held in conjunction with the 168th Medical Battalion's Cancer Awareness Running Event, was listed incorrectly in last week's edition of The Morning Calm Weekly. The events will be Saturday at the Walker Army Heliport (H-805).

The Armed Forces Day Celebration features numerous static displays of United States and Republic of Korea Army aircraft, tactical vehicles and equipment, a variety of entertainment, children's games, and food.

A concert featuring rising country artists Mark Wills and Jolie Edwards will follow from 4 – 6 p.m.

Static displays open to the public following the opening ceremony and close at 3 p.m.

A variety of activities will also be available to keep children entertained. The Better Opportunities for Single and unaccompanied Soldiers organization is sponsoring the Red Dragon and tunnel inflatables. Visitors can also take free rides around the heliport on the children's Happy Valley train provided by the U.S. Army Materiel Support Center-Korea. McGruff the Crime Dog will also be on hand throughout the day to entertain the children. Visitors should also look for their favorite senior leaders at the dunk tank.

The sequence of events is:

8:30 a.m. – Deadline to register for Cancer Awareness Running Events (CARE) at Gate 9

9:30 a.m. – CARE running and walking events begin

10 a.m. – Armed Forces Day Celebration Opening Ceremony

10 a.m. – Equipment exhibition, entertainment, games and food open to public

10:15 a.m. – 50th Homeland Reserve Division Band Performance

10:30 a.m. – Second Republic of Korea Army Honor Guard Performance

11 a.m. – Cancer Awareness Running Events Awards Ceremony

11:30 a.m. – Military Working Dog Demonstration

Noon – Filipino Band "Four String" Performance

1 p.m. – ROKA Special Forces Martial Arts Performance

1:30 p.m. – Military Police's Special Reaction Team Capability Demonstration

2 p.m. – AFN "American Idol" Competition

3 p.m. – Displays Close

3 p.m. – Filipino Band "Four String" Performance

4 p.m. – American country music entertainers Mark Wills and Jolie Edwards Performance

6 p.m. – Concert Ends and Visitors Depart

6:30 p.m. – Gates Locked

NEWS & NOTES

Community Yard Sale

A community yard sale will be held 8 a.m. – 2 p.m. Saturday at Camp George. For information, call Nicole Nelson at 010-8671-6528.

College Fair

The Senior Girl Scouts are hosting a college fair 9 – 11 a.m. and 1 – 3 p.m. Thursday at the Taegu American School gym. For information, call Brittany Weigle at 764-4085.

Pusan American School Art Festival

The Pusan American School Art in the Park Festival will be 1 p.m. May 27 at the school. The event is open to kindergarten to 6th grade students, their parents and community members. Activities include Japanese fish printmaking, necklace making, face painting and more. Participation fee is \$3.50 or 4,000 won. For information, call Nancy Magoon at 763-7528.

Area IV Equal Opportunity Representative Course

The Area IV Equal Opportunity Office is offering an Equal Opportunity Representative course June 13–24. Registration deadline is June 1. To sign up or for information, call Master Sgt. Matt DeLay at 768-8972, Sgt. 1st Class Stephanie Buxton at 768-8542 or Sgt. 1st Class Monte Tartt at 765-8692.

Army Birthday Ball

The U.S. Army's 230th Birthday Ball-South will begin at 6 p.m., June 18 at the GS Plaza Hotel in Daegu. Tickets for meals are \$35, or \$30 for vegetarian meals. For information, contact your unit representative or call Sgt. Maj. Shirley Kerlegan at 768-7423 or Sgt. Maj. Carey Grant at 768-8363. Details are also available at <http://19tsc.korea.army.mil> under "Hot Topics."

Food Handler Class

The 154th Medical Detachment is offering a food handler certification class June 20. Registration deadline is June 7. All Soldiers and patrons handling or serving food at public events are required to have the food handler certification. To sign up or for information, call Staff Sgt. Victoria Cobaris at 764-4618.

Army Birthday Celebration

This year's Area IV Army Birthday Celebration, open to all Area IV personnel and family members, is scheduled to kick off at 7 a.m. June 14, on Kelly Field at Camp Walker. The all-day event will feature sporting events and games culminating with the presentation of awards and the Commander's Cup. Other events include a streamer ceremony, barbecue, Republic of Korea Army Honor Guard performance, martial arts demonstration and more. Details are available at <http://19tsc.korea.army.mil> under "Hot Topics."

Daegu food fest offers taste of culture



PHOTOS BY GALEN PUTNAM

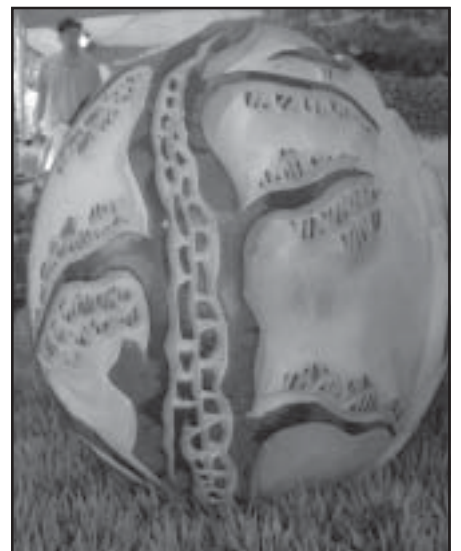
American military community members join hundreds of Korean dignitaries and citizens to create a 100-meter-long kim bap roll, equivalent to 7,874 half-inch servings, at the Suseong Durangil Restaurant Street Food Fest Saturday. The event, anchored by the 127 restaurants along the 2.3 kilometer Durangil Restaurant Street, features a vast array of food and entertainment. In addition to the kim bap experience, the 37 Americans who attended Saturday also had the opportunity to make several types of kimchi at a display sponsored by the Suseong Gu Council of Women.



A candy vendor attracts customers with his clown garb, clanging scissors and banter. Once a crowd gathers, everyone is asked to buy candy in exchange for the "free" entertainment.



The fest featured a variety of games and entertainment for all ages.



A carved melon.

Volleyball

to work their way out of the losers' bracket to have a shot at the championship, but could not pull the same trick to win it all.

"It's awesome. It takes a lot of effort to do what the (Area IV teams) did at the Eighth Army level," said Sgt. 1st Class

David Sharp, HHC, 19th TSC, who participated in the co-ed and company-level tournaments. "It was a well-organized tournament with some great competition between quality teams. I had a lot of fun."

"The event was super," said Tom Corcoran, Area IV sports director. "We

had some real good talent and competition in all three championships. I believe all the credit goes to the dedication and desire of the players and the coaches who have a real love for the game and played their hearts out throughout the tournament."

from Page 25

Peaceful pond is perfect project for Camp Hialeah kids

By Sgt. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – A recently finished Child and Youth Services project at Camp Hialeah has helped the installation become just a bit more environment-friendly by turning a small part of it into a natural habitat.

Members of the Camp Hialeah Child and Youth Services' Torch Club, comprised of students in fifth through eighth grades, recently completed their natural science project highlighted by the construction of a small community pond near Pusan American School that includes a fountain, vegetation including rose bushes, tiger lilies, sunflowers and Japanese koi, resembling large, multicolored goldfish.

Planning for the project began more than six months ago, when Andy Hudak, a Camp Hialeah Child and Youth Services care provider assistant, submitted a proposal to Project Dragonfly for a \$1,000 grant to help meet the financial requirements. Camp Hialeah CYS competed against more than 100 organizations worldwide and was selected in November 2004 as one of 25 organizations to receive a \$1,000 check.

"We always wanted to do a project like this," said Hudak, who acts as a supervisor to the participating students. "I thought if we can get the \$1,000, it would make it much easier for us to go ahead with the project."

Project Dragonfly is a joint venture of the School of Interdisciplinary Studies at Miami University, Oxford, Ohio, and the National Science Teachers Association. It is funded by a grant from the National Science Foundation with the assistance of the Center for Human Development, Learning and Teaching. Its primary mission is to provide a national voice for young



(From foreground to background) Jordan Carroll, Erik Shtaygrud and Stevie O'Leary clean up the community pond on Camp Hialeah. Carroll, Shtaygrud, O'Leary and five other members of the Camp Hialeah Child and Youth Services' Torch Club participated in the project of building a natural habitat, including the pond, on post. The children are also responsible for maintenance and upkeep of the area.

investigators and the opportunity for them to interact with experienced researchers.

Every year, Project Dragonfly gives out \$25,000 in grants to youth organizations worldwide that promote science and nature through long-lasting community projects, with help from various businesses such as

United Airlines, Staples and Home Depot.

"Even with the grant, the kids had to work hard to raise enough money for the project," Hudak said. "They raised money from a series of bake sales, car washes and food booths. They've put in many hours to do what they had to do."

The students not only helped fund the project, but also worked hand-in-hand with different agencies on the installation such as Directorate of Public Works, Safety and the installation command to help coordinate the planning and construction of the project, said to Hudak.

Project participants are proud of their effort as well as the final result.

"I'm glad we took the time to do (the project)," said Stevie O'Leary, a sixth grader at Pusan American School. "The area looked terrible at the beginning, but we worked hard and I think it looks great now."

"It was fun. I enjoyed working for the project," said Jordan Carroll, who is also in sixth grade. "It was a good experience for me. I learned a lot about the nature and working as a team. And it feels good to help the community."

The community members showed their support for the students' effort to do something for the community and be active learners.

"I think it's a great project for the students to be a part of as well as for the entire community," said Paul O'Leary, administrative officer, Camp Hialeah Directorate of Public Works, who is also the father of Stevie. "Participating in a project like this teaches the children a great lesson. The project is also a symbol of the community's unity, and love and support for our children."

Ad goes here

TAS musicians perform on international stage at Far East fest

By Sgt. Oh Dong-keun

Area IV Public Affairs

CAMP GEORGE – Two Taegu American School music students had the chance recently to showcase their talents with the best student musicians from throughout the Pacific.

Latreicia Allen and Lindsey Jackson, 10th graders at Taegu American School, were among more than 180 students from 13 schools who were selected to participate in the 26th Far East Honors Music Festival, held April 25 – 29 at Yokota Air Base, Japan. The Music Festival was sponsored by the Department of Defense Dependents School – Pacific and the Department of Defense Domestic Dependent Elementary and Secondary Schools – Guam.

Participants were selected following a stringent audition process that included preparing and submitting audio recordings. This year, 90 instrumentalists and 90 vocalists were selected following the three-month audition process.

“I am proud that we had two students who represented Taegu American School at the Far East Music Festival this year,” said Stephen Bogdan, the music teacher at TAS. “We don’t get to send our students to the music festival every year. In fact, it’s been four years since we sent a student to the music festival. I am very glad that we could this year.”

Although the audition process was tough, the practice schedule leading up to the big concert on the last of the fest was even more demanding.

“We had to practice eight hours every day with only a few breaks in between,” said Allen, a clarinetist who was selected to participate in the Music Festival for the first time. “After practice, we also had concerts that we had to attend, so we had barely any time for ourselves. It was really tiring.”

“(The students) worked really hard all week to prepare for their concert,” said Bogdan who traveled with the students. “The rehearsals went from eight in the morning to four in the afternoon and they were very

intense. The programs at the music festival are designed to give students the opportunity to perform music that is much more complex than what they would normally get at their schools.”

Even in the midst of a rigorous practice schedule that left little personal time, the energetic teenagers still found their way to have some fun.

“I had a blast,” said Jackson, who also plays clarinet. “Kids from the local schools took us around the town. We did some shopping; we even went to a rock concert.”

The students and Bogdan agreed that the most memorable event during the week was their concert on the last day.

“(The concert) was a lifetime experience for me,” Allen said. “I never thought that I could be a part of the best student musicians from all over Asia and I never thought that many people can come together in just four days of practicing and put on a great performance.”

“The performance was great. It was neat,” Bogdan said. “I could tell the adrenalin

was flowing in all of the students and all of the directors. It was also special because my colleague at Pusan American School, Jonathan Parker debuted an original composition with the band at the concert.”

Bogdan was proud and excited to witness not only his students perform well among “the best of the best student musicians,” but also to witness the students and teachers come together for a week of training and camaraderie.

“I am proud of our DoDDS students, not just Daegu students,” Bogdan said. “I am proud of our DoDDS schools. We produce a lot of good student musicians. I saw lots of interaction between students and the teachers sharpening each other, at the music festival. It’s not just teachers (who) make students better. We also have very high caliber students who sharpen teachers and improve teachers’ skills as well. It’s very positive experience where each feeds on another, but they keep building. I am gratified to be a part of that process.”

from Page 25

Neighbors

the majority of the years working in the Foreign Affairs Section at the Busan-jin Police Station. He is credited with establishing meetings between the KNP and the Camp Hialeah commander to request host nation support and to discuss cultural awareness issues.

Lee also provided the Camp Hialeah Provost Marshal information about civil gatherings and worked closely with the Naval Criminal Investigation Service’s Office of Special Investigations and with military intelligence

as the KNP liaison officer.

“While these awards were presented for this year, in many instances the honorees have been long-time and even lifelong supporters of not only the U.S. Army in Busan, but also the Republic of Korea and United States alliance. Our alliance is what it is today in no small part because of their goodwill and generosity,” said Lt. Col. Jeffery Ludwig, Camp Hialeah and Pusan Storage Facility commander and event host.

Ludwig also acknowledged several others for their goodwill. He presented Area IV Support Activity – Busan certificates of appreciation to Kim Jae-soo, Korea Freedom League Busan Chapter; Kim Hui-yoon, PTP; Kim Jong-han, KFL; Choi Ku-sik, English tour guide for United Nations Memorial Cemetery; Yi Eun-kyong, Busan Dongbu District Office of Education; and Nam Hyun-young, Busan Metropolitan Simin Municipal Library.

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토마토의 영양과 효과

일병 서기철

서양에서 토마토는 맛과 영양이 뛰어나 ‘천국의 과일’로 불린다. 각종 비타민과 미네랄이 풍부한 토마토가 우리 몸에 좋은 이유와 토마토로 건강을 지키는 민간요법을 알아보자.

‘토마토가 빨갛게 익으면 의사의 얼굴이 파랗게 질린다’는 서양 속담이 있다. 토마토를 먹으면 병을 앓을 일이 없어 의사를 찾지 않기 때문이라는 얘기가 있다. 이처럼 토마토의 효능을 단언할 정도이니 토마토에 대한 서구인들의 믿음이 얼마나 큰지 알 수 있다.

토마토는 서양 요리에서 빼놓을 수 없는 중요한 재료. 생으로 먹는 것은 물론 주스, 케첩, 퓨레, 소스로 만들기도 하고 덜 익은 토마토는 피클을 만들어 먹기도 한다.

서양 요리에서 이처럼 토마토가 많이 쓰이는 이유는 토마토가 알칼리성 식품이라 고기 요리와 잘 어울리기 때문이다. 고기나 생선 등 기름기 있는 음식을 먹을 때 토마토를 곁들이면, 산성을 중화하고 소화를 촉진해 위의 부담을 덜 수 있다.

토마토가 몸에 좋은 이유는 소화를 돕는 것에서 끝나지 않는다. 토마토에는 피로를 풀고 신진대사를 돕는 비타민 C와 지방 분해를 돕는 비타민 B, 항산화 작용으로 노화를 막는 리코펜, 고혈압을 예방하는 루틴 등 몸에 좋은 성분이 많이 들어 있다. 특히 비타민은 토마토 2개 정도만 먹어도 하루에 필요한 비타민 권장량의 대부분을 섭취할 수 있을 정도로 풍부하다.

또한 토마토에는 우리나라 식단에서 부족하기 쉬운 비타민 A가 풍부하다. 비타민 A는 항암 효과와 산화 억제 효과가 있는 것으로 알려져 있다. 실제로 최근 조사 결과, 토마토를 많이 먹는 지역에서 각종 암과 심장 질환 등 만성 퇴행성 질환의 발생률이 낮은 것으로 나타났다.

****토마토가 우리 몸에 좋은 이유**

1. 항암 효과가 뛰어나다

항암 효과가 큰 비타민 C가 다른 과일보다 훨씬 풍부하고, 토마토의 노란 부분에 많은 비타민 A는 항산화 효과가 뛰어나다. 암이나 뇌졸중, 심근경색과 같은 질환에 효과가 있다. 무엇보다 토마토의 붉은색을 내는 색소인 리코펜은 탁월한 항암제로, 익혀 먹으면 몸에 흡수가 더 잘 된다.

2. 동맥경화를 막는다.

활성 산소는 핏속에 있는 콜레스테롤을 산화시켜 동맥을 굳게 하거나, 세포를 손상시켜 암이나 노화를 부른다. 토마토의 리코펜은 이런 활성 산소의 작용을 억제한다.

3. 혈압을 낮춘다.

토마토에는 모세혈관을 강화하고 혈압을 낮추는 비타민 C와 루틴이 풍부하다. 매일 아침 공복에 신선한 토마토를 1~2개씩, 2주 정도 먹으면 고혈압을 예방할 수 있다. 또한 혈전이 생기는 것을 막아 뇌

졸중이나 심근경색을 예방하는 효과가 있다.

4. 부종을 없애고 당뇨병을 예방한다.

토마토는 체내 수분을 조절하고 신진대사를 좋게 해서 신장의 기능이 좋지 않거나 부종이 있는 사람에게 효과가 있다. 셀러리나 파슬리 같은 향미 야채와 함께 먹으면 스트레스로 생긴 방광염의 증상을 가라앉히고 수박과 함께 먹으면 당뇨를 예방한다.

5. 소화를 돕고 피로를 푼다.

유기산이 신진대사를 촉진해 피로 물질을 빠르게 없애는 효과가 있다. 뿐만 아니라 지방의 연소가 왕성해지도록 도와 식욕부진과 속이 거북한 증상을 개선한다. 산성 식품을 중화하는 작용도 한다.

****쉽게 따라 할 수 있는 토마토 민간요법**

당뇨병에는...

토마토 1~2개와 수박 100g을 함께 믹서에 갈아 주스를 만들어 마신다. 1~2번 마시면 갈증이 풀리고 몸에 열이 나는 증상도 가라앉는다. 몸이 냉한 사람은 따뜻하게 데워 마신다.

고혈압에는...

매일 토마토 주스를 3잔 이상 마시면 효과가 있다. 심장병이나 간염 등 한방에서 열성병(熱性病)으로 보는 만성 퇴행성 질환에도 좋다.

심장식약에는...

토마토 10개와 쇠고기 300g을 같이 삶아서 죽처럼 만들어 식사와 함께 먹는다.

위산과소증에는...

식후에 생토마토를 1~2개 먹거나 토마토 주스를 1컵씩 마신다. 꾸준히 먹으면 위산이 조절되고 소화가 잘 된다. 주의할 점은 토마토에 산이 많다는 것. 때문에 위산과다에 시달리는 사람은 토마토를 많이 먹지 않는 것이 좋다.

불면증에는...

가슴이 뛰고 열이 나면서 불면 증세가 있을 때는 하루 세 번 식후에 토마토 주스를 마신다. 오랫동안 꾸준히 마시면 효과를 볼 수 있다. 이 처방은 당뇨병에도 좋다.

신경통·피부병에는...

토마토의 잎, 줄기, 뿌리를 함께 삶은 물을 마시고 이 물로 환부를 자주 씻는다.

눈이 아프거나 충혈되었을 때는...

토마토 3개와 소나 돼지, 닭 또는 오리의 간을 150g 정도 썰어 넣고 국을 끓여 먹는다.

입가에 부스럼이 났을 때는...

토마토 주스를 자주 마시거나 토마토즙을 내어 부스럼이 난 곳에 자주 바른다.

This article is about
“The Effect of
Tomatoes”.

Learn Korean Easily



Language Instructor
Minsook Kwon



“Nahl-see-gah”chahm
jo-suem-nee-dah.”

“The weather is very nice.”

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh	weh		wah	wuh	wee			ui		

Word of the week

야외

o ; silent, ㅑ ; yah
o ; silent, ㅜ ; weh
‘yah-weh’

some place

The phrase of the week

“Let’s go some place.”

야외로 갑시다.

Yah-weh-ro

some place -(to)

gahp-see-dah.

Let’s go

Conversation of the week

주말에 (약속) 있으세요? Do you have any
Joo-mahl-eh (yahk-sohk) (engagement) on the weekend?
ee-sue-seh-yo?

아니오. No, I don’t.
Ah-nee-oh.

야외로 나갈까요? Shall we go some place?
Yah-weh-ro
nah-gahl-ggah-yo?

좋아요. Sounds great.
Jo-ah-yo.

어디가 좋을까요? Where will be a good place?
Oe-dee-gah
Jo-uel-ggah-yo?

아무데나요. Any Place.
Ah-moo-deh-nah-yo.

(계획) (gyeh-hwehk) (plan)
(근무) (guen-moo) (duty)

Share this column with a Korean co-worker.